




## A-GAME STRENGTH & FITNESS.

The following stretch routine is great for an AM or PM light, non-impact, non-exerting exercise session for individuals on the go. If you'd like a customized workout, contact us at [Insert Mundah's Number]

VIDEO/GFX/NOTES	Workout
<p>GRAPHIC</p> 	<p><b>Single Plantar Flexor [Achilles]</b>  <i>Position hands on wall – elbows locked. With one leg in front, rear heel pressed into floor, bend front knee to stretch rear Achilles. Switch legs and repeat.</i></p>
<p>GRAPHIC</p>	<p><b>Raised –Leg Knee Flexor [Hamstring/Glutes/Lower Back]</b>  <i>Standing upright – balance on one leg with other leg raised on chair, table, or stair. Bend at hip reaching hands to toe of raised leg. Keep legs straight – knees locked.</i></p>



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GRAPHIC	<p><b>Seated Knee Flexor &amp; Hip Adductor</b> <i>Seated on floor with legs spread wide: bend at hip and finger-walk towards center of feet reaching as far as possible. Hold for 10 secs. Reverse-walk fingers back to upright position and repeat.</i></p>
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	<p><b>Seated Knee Flexor [Toe-Touch]</b> <i>Sit on the floor, feet together: grasp toes with both hands. Hold for 10-secs. Repeat.</i></p>
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### **Cat Stretch**

*Get all fours with knees shoulder-width apart, align toes with ankles to knees with hips to shoulders with hands.*

*Invert your spine sinking your lower back and stomach (inhaling), then bend your back out, pressing your hands and knees into the floor (exhaling).*

*Shoulders are rotated downward at the scapula [shoulder blade]. Hold and repeat)*



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### **Single-Leg Kneeling Knee Extensor [Kneeling Hip Flexor]**

*From kneeling position with knees spread shoulder-width apart: step left leg forward and bent at 90-degree angle.*

*Keep left knee positioned above left ankle. Move hips forward and drop hip toward floor.*

*Keep left foot planted firmly on the floor w/o raising heel. Keep back straight and upright throughout the stretch. Switch legs and repeat.*



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	<p><b>Hip &amp; Back Extensor</b></p> <p><i>Lying on your back – bend the left knee, bringing it toward the chest. Grasp the left knee with both hands and pull it down toward the chest as far as possible. Switch legs and repeat.</i></p>
	<p><b>Seated Hip External Rotator &amp; Hip Extensor [Crossed-Leg “Figure 4”]</b></p> <p><i>Seated on chair or bench: raise the left ankle and cross onto right knee.</i></p> <p><i>Grasp left ankle with right over hand. Grasp left knee with left under-hand. Bend over at waist reaching forehead toward knees, pulling left leg with hands. Switch to right leg and repeat.</i></p>



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	<p><b>Standing Single-Leg Hip Flexor/Knee Extensor [Quadriceps]</b></p> <p><i>Standing upright, balanced on right leg: grab left toe with left hand.</i></p> <p><i>Pull leg back from the hip w/o bending and keeping head and torso upright. Switch to right leg and repeat.</i></p>
	<p><b>Standing Lower Trunk Lateral Flexor ["Side-Bend"]</b></p> <p><i>Standing with feet shoulder-width apart – raise arms above head and bend to the side as far as possible.</i></p> <p><i>Return to upright position and repeat to the other side)</i></p>



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### **Standing Oblique Twists**

*Stand with feet about shoulder-width apart: bend elbows 90-degrees, palms neutral (facing each other).*

*Twist from side-side at the waist, leading with the elbows.*

### **Shoulder Adductor, Protractor**

*Standing upright – feet shoulder-width apart: bring left arm across front of body (under your chin).*

*With right hand, go under left arm and grab left elbow, pulling your left arm across your body as far as possible.*

*Switch and repeat.*



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### **Shoulder Adductor and Extensor [uses pole or doorjamb]**

*Standing: face a doorway with right shoulder lined up with left side the doorjamb. Grab the inside of the jamb at shoulder level with hand and squat down into the stretch.*

*Keep right arm straight with firm grip on the jamb and feet planted firmly while lowering buttocks toward the floor.*

*Hold 5-secs and repeat with left arm.*