



STRETCH

BREAK

Spine Stretch

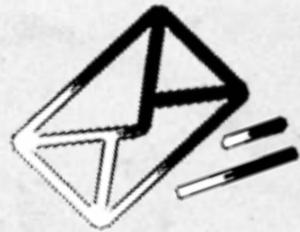


Please take this
time to
WARM UP
before
stretching





Exit



Silence



WARM UP



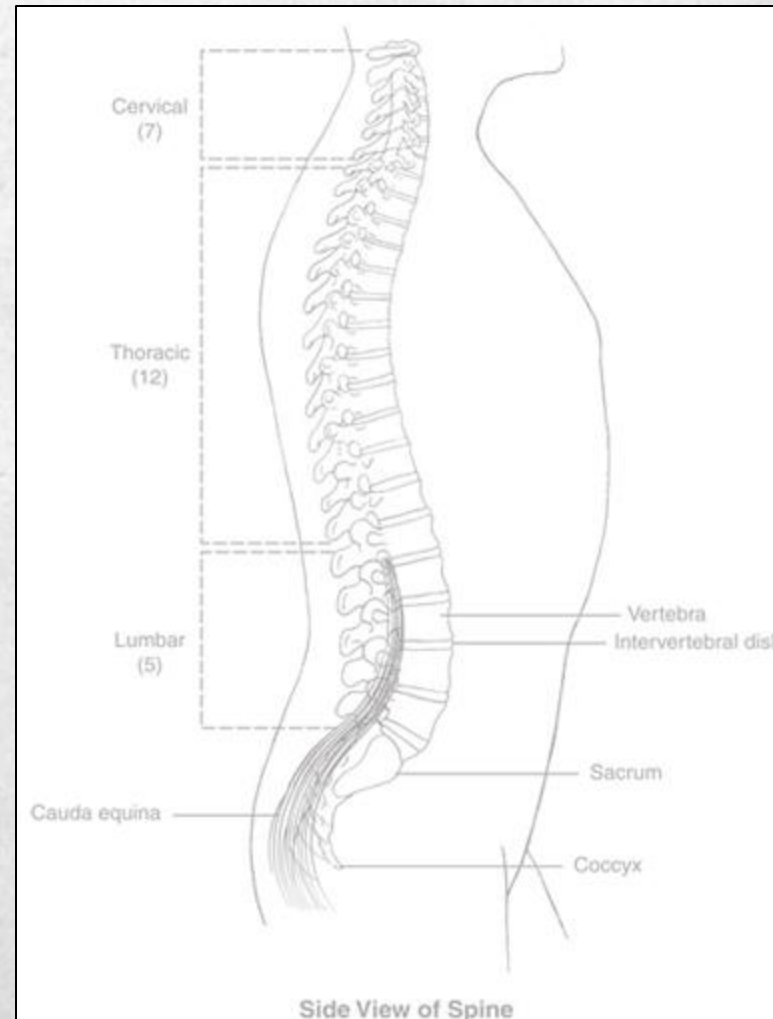
✓ SAFETY

- **Smooth** movement
- **Avoid** “locking” joints
- **Safe and comfortable**



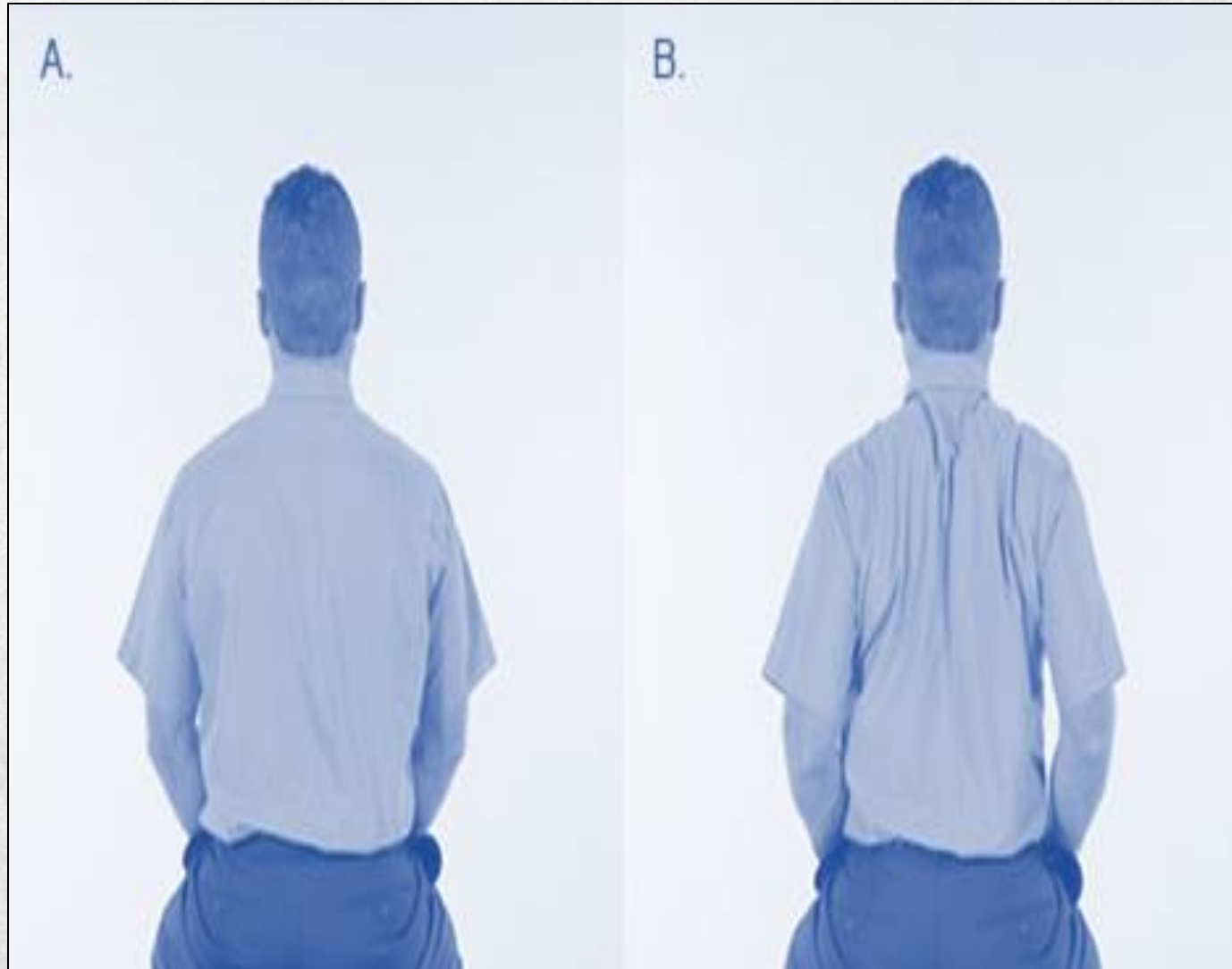
✓ POSTURE

- **Spine** lengthened
- **Head** lifted
- **Shoulders** relaxed
- **Abdomen** engaged
- **Feet** pressed down



Breathe!

Shoulder Blade Squeeze



Lateral Lean Stretch



Spinal Twist



Spinal Twist



Forward Lean



Knee to Chest



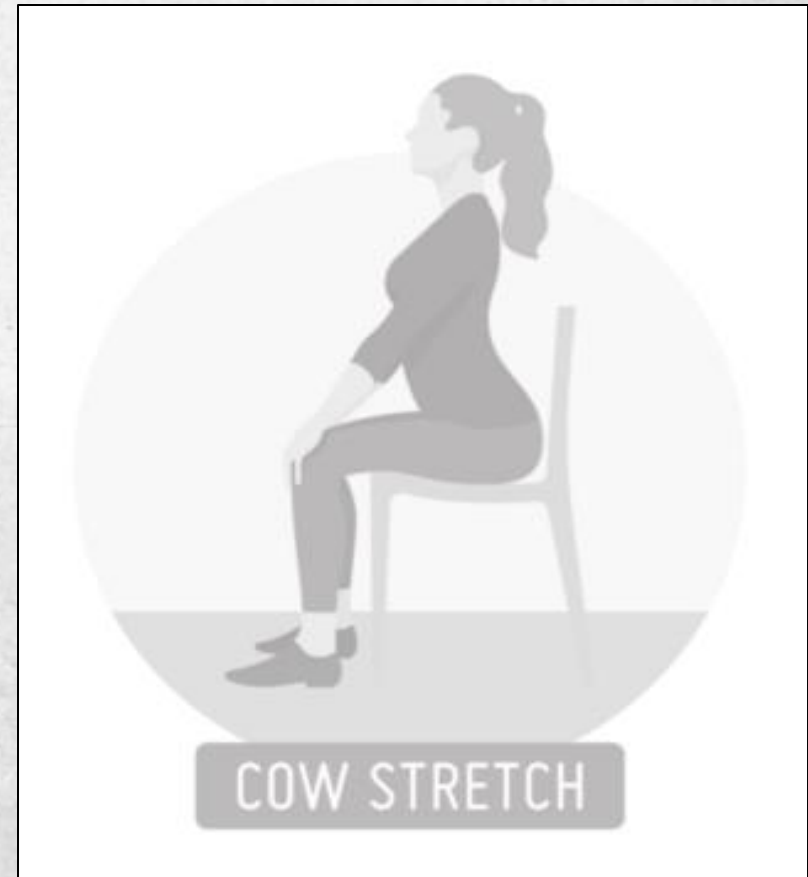
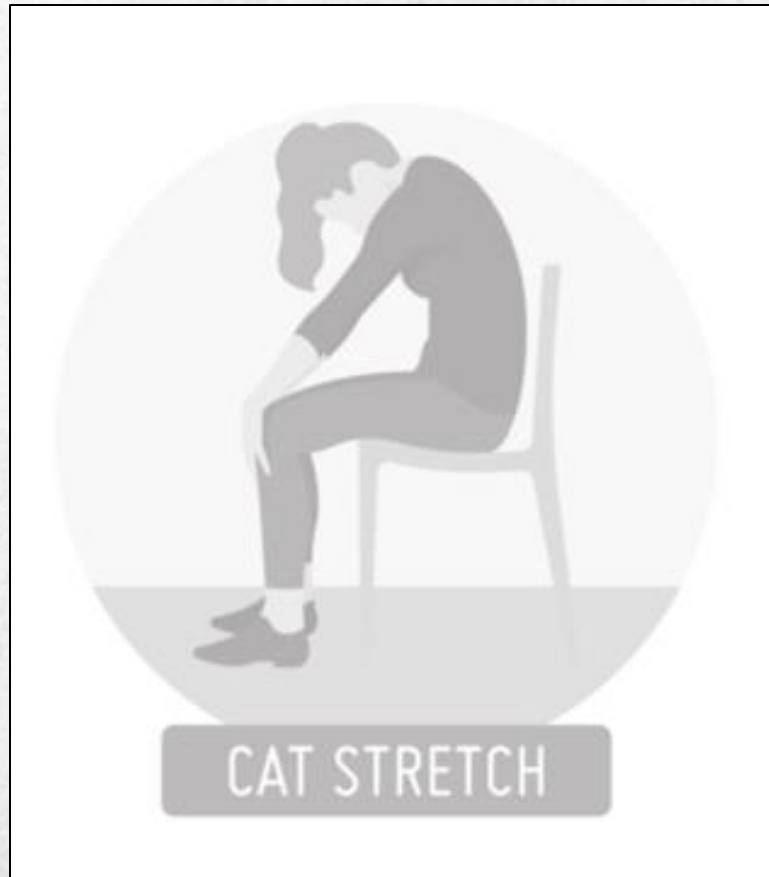
Chest Stretch

Chest stretch



ADAM.

Cat Cow Stretch



Contact:

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