



Flexibility Level I

Begin each workout with deep breathing and continue deep breathing throughout the session. You should work up to a total of 50 deep breaths per workout. Before you start to walk, do the stretches shown here. Remember, not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable.

- 1) Finger Stretching:** to maintain finger dexterity. With the palm of the right hand facing down, gently force fingers back toward forearm, using left hand for leverage; then place left hand on top and push fingers down. Suggested repetitions: 5 each hand.
- 2) Hand Rotation:** to maintain wrist flexibility and range of motion. Grasp right wrist with left hand. Keep right palm facing down. Slowly rotate hand 5 times each clockwise and counter-clockwise. Suggested repetitions: 5 each hand.
- 3) Ankle and Foot Circling:** to improve flexibility and range of motion of ankles. Cross right leg over opposite knee, rotate foot slowly, making large complete circles. Suggested repetitions: 10 rotations to the right, 10 to the left, each leg.
- 4) Neck Extension:** to improve flexibility and range motion of neck. Sit up comfortably. Bend head forward until chin touches chest. You may want to stretch forward by simply jutting your chin out. Return to starting position and slowly rotate head to left. Return to starting position and slowly rotate head to right. Return to starting position. Suggested repetitions: 5.
- 5) Single Knee Pull:** to stretch lower back and back of leg. Lie on back, hands at sides. Pull one leg to chest, grasp with both arms and hold for five counts. Repeat with opposite leg. Suggested repetitions: 3 – 5.
- 6) Simulated Crawl Stroke/Back Stroke/Breast Stroke:** to stretch shoulder girdle. Stand with feet shoulder-width apart, arms at sides, relaxed. Bend knees and alternately swing right and left arms backwards, upward, and forward as if swimming. Suggested repetitions: 6 – 8 movements on each stroke.
- 7) Reach:** to stretch shoulder girdle and rib cage. Take deep breath, extend arms overhead. If standing, rise on toes while reaching. Exhale slowly, lowering arms, Can be done in a seated position. Suggested repetitions: 6 – 8.
- 8) Backstretch:** to improve the flexibility of the lower back. Sit up straight, bend far forward and straighten up. Repeat, clasping hands on left knee. Repeat clasping hands on right knee. Exhale while bending forward. Suggested repetitions: 4 – 6 over each knee.
- 9) Chain Breaker:** to stretch chest muscles. Stand erect, feet about six inches apart. Tighten leg muscles, tighten stomach by drawing it in, with hips forward, extend chest, bring arms up with clenched fists chest high, take deep breath, let it out slowly. Slowly pull arms back as far as possible keeping elbows chest high. Suggested repetitions: 8 – 10.