



## Flexibility Level 2

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) Double Knee Pull:** to stretch lower back and buttocks. Lie on back, hands at sides. Pull legs to chest, lock arms around legs, pull buttocks slightly off ground. Hold for 10 to 15 counts. Suggested repetitions: 3 – 5.
- 2 ) Seated Pike Stretch:** to stretch lower back and hamstrings. Sit on floor, with legs forward, knees together. Exhale and stretch forward, slowly sliding hands down to ankles. Stretch only as far as is comfortable and use your hands for support. Hold for 5 to 8 counts. Don't bounce, position inhaling deeply. repetitions: 3–4.
- 3) Chest Stretch:** to stretch muscles in chest and shoulders. Stand arm-length distant from a doorway opening. Raise one arm shoulder height with slight bend in elbow. Place hand against door jamb and turn upper body away so that the muscles in chest and shoulders are stretched. Suggested repetitions: 3 – 4 each arm.
- 4) Seated Stretch:** to stretch lower back and hamstrings. Sit on floor one leg extended to your side and one leg bent comfortably in front of your body. Supporting your body weight with your hands and keeping your back straight, lean forward until you feel a comfortable leg and hamstring. Hold the stretch for a few seconds, exhaling. Switch sides. Suggested repetitions: 3 – 5 each side.
- 5) Sitting Stretch:** to increase flexibility of lower back and hamstrings. Sit on floor with legs extended as far apart as is comfortable. Exhale and stretch forward slowly, sliding your hands down your legs. Reach as far as is comfortable and hold for 5 – 8 counts. Suggested repetitions: 3-4.
- 6) Achilles Stretch:** to stretch calf muscles on back leg (Achilles tendon). Stand facing wall 2 to 3 feet away. Extend arms, lean into wall. Move left leg forward 1/2 step, right leg backward 1/2 step or more. Lower right heel to floor. Lean hips forward, stretching the calf muscles in the right leg. Hold 5 to 10 counts. Breathe normally. Reverse leg position and repeat. Suggested repetitions: 3-6 each leg.
- 7) Modified Seal:** to stretch abdominal wall, chest, and front of neck. Lie on the floor with arms extended, stomach down, feet extended, with toes pointed. While exhaling, slowly lift head and push up until arms are bent at right angles, with back arching gently. Keep hips on the floor. Keeping arms bent, hold for 5-10 counts, then return to starting position, inhaling deeply. Suggested repetitions: 4-6.
- 8) Half Bow:** to stretch the top of the thigh and groin area. Lie on left side. Hold ankle of right foot with right hand just above toes. Slightly arch back. Hold 5 to 10 counts. Suggested repetitions: 3 – 5.