

# Stretching Exercises



## Shoulder Stretch

Use the left arm to gently press the right arm across the body. Hold for 10 to 30 seconds.



## Calf Stretch

Stand with one leg near the wall. Extend other leg back, keeping the heel on the ground.



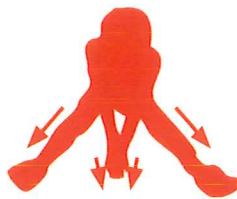
## Tricep Stretch

Grab the right elbow with the left hand and gently pull back. Hold for 10 to 30 seconds.



## Side Lunge

Bend leg to a 90-degree angle and stretch out other leg with toes pointing at a 45-degree angle.



## Straddle Stretch

Bend over right leg, then to the center, then to left leg. Hold each for 10 to 30 seconds.



## Crossover Toe-Touch

Stand with feet together. Slowly roll down from the back and reach for the toes with your hands.



## Quadricep Stretch

Bend leg and grab it with opposite hand. Gently press the foot toward the buttocks.



## Hamstring Stretch

Sit down with one leg stretched forward, toes up. Bend other leg inwards. Reach forward to toes.