

BACK OF NECK STRETCH
SHOULD FEEL STRETCH IN BACK OF NECK

- Stand up straight and tall
- Interlock fingers behind the back of your head
- Bring your elbows to the middle
- Pull head down toward your chest
- Hold for 30 seconds- **SWITCH**



STANDING SIDE NECK STRETCH

SHOULD FEEL STRETCH IN SIDE OF NECK

- Stand up straight and tall
- Lean head over toward left shoulder
- Grasp right side of head with left hand
- Pull head over toward left shoulder
- Drop right shoulder
- Hold for 30 seconds- **SWITCH**



STANDING CHEST STRETCH

SHOULD FEEL STRETCH IN CHEST GOING DOWN ARM

- Go upstairs
- Put right hand up high against inside of wall
- Turn feet to left
- Hold for 30 seconds- **SWITCH**



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STANDING STRETCH BACK OF SHOULDER

- Bend your right arm into an “L”
- Pull it across your body with your left wrist
- Pull your right arm toward your left shoulder
- Rotate your right hand forward
- Hold for 30 seconds - **SWITCH**



STANDING FOREARM/HAND STRETCH

- Stand facing wall with perfect posture
- Put both hands up on wall with arms straight
- Fingers turned down toward floor
- Lock out elbows and lift arms up toward ceiling
- Hold for 30 seconds



STANDING QUADRICEP STRETCH

- Put right foot behind you on top of small “L” shaped bench upstairs
- Stand up straight and tall
- Roll your right hip forward
- Soften your left knee
- Hold for 30 seconds-**SWITCH**



STANDING UPPER BACK STRETCH

YOU SHOULD FEEL A STRETCH ACROSS YOUR UPPER BACK

- Stand with feet wide and knees bent
- Interlock your fingers and reach forward without bending at your waist
- Stand straight and tall and reach your arms forward more
- Hold for 30 seconds



STANDING WIDE BACK STRETCH

YOU SHOULD FEEL A STRETCH ACROSS YOUR WIDE BACK

- Stand with feet wide and knees bent
- Grasp left wrist with right hand
- Lean over toward right and gently pull left arm harder
- Hold for 30 seconds - **SWITCH**



STANDING HAMSTRING STRETCH

- Go upstairs to preacher curl bench
- Put right foot up on top of bench so that you feel a stretch in the back of your right knee
- Hold for 30 seconds - **SWITCH**



STANDING CALF STRETCH

SHOULD FEEL STRETCH IN CALF

- Go upstairs and put ball of right foot onto side of dip stand
- Bring your left foot forward
- You should feel a stretch in the back of your right calf
- Hold for 30 seconds - **SWITCH**



SEATED OUTER HIP/GROIN STRETCH

- Sit on flat bench upstairs and cross left foot over right knee
- Put your left hand on inside of left knee and push left knee forward
- Hold for 30 seconds - **SWITCH**



SEATED REAR STRETCH

- Sit on flat bench upstairs and cross left foot over right knee
- Hug left knee in toward your left side chest with left hand behind left knee and right hand on left ankle
- Hold for 30 seconds - **SWITCH**



ABDOMINALS STRENGTHENING EXERCISES

DO TWO DAYS PER WEEK ONLY

PELVIC TILT

You should feel a stretch in your lower back and tightness in your lower abdominals

- Lie on the mat - flatten your lower back and hold in your abdominals as hard as you can
- Now push your lower back down harder – roll your hips in more toward your chest

10 REPETITIONS



ONE LEG IN LOWER BODY CURL

You should feel tightness in your lower abdominals

- Lie on your back with your lower back flat and keep your lower abdominals tight
- Now flatten your lower back harder and hold in your abdominals tighter for as long as it takes until you can feel your lower stomach tighten
- Now flatten your lower back and bring your right knee in toward your chest and roll your lower pelvic floor in toward your chest
- Switch legs and repeat

10 REPETITIONS – EACH LEG



LOWER BODY CURL WITH KNEES IN

You should feel tightness in your lower abdominals

- Lie on your back with your lower back flat and your lower abdominals tight
- Now flatten your lower back harder and hold in your abdominals tighter for as long as it takes until you can feel your lower abdominals tighten
- Now flatten your lower back and bring your knees in toward your chest and roll your hips in toward your chest 10 times until you can really feel your lower abdominals tighten

10 REPETITIONS



UPPER + LOWER BODY LIFT UP

Should feel tightness in upper & lower abdominals

- Do a hard pelvic tilt (flatten your lower back and hold in your abdominals as hard as you can)
- Interlock your fingers behind the back of your neck (support your neck in your hands)
- Bring your elbows toward the middle
- Lift your head and shoulders up off floor high enough where you can feel tightness in upper abdominals
- Now bring your knees in toward your chest as far as you can
- From where you feel your abdominals tighten, then raise and lower a little from there
- Squeeze your abdominals as you raise

10 REPETITIONS



ABDOMINAL STRETCH

- Lie on your back, with both arms out to the side
- Roll both knees toward your left arm, and cross your right leg over the top of your left leg and look toward your right and drop your right shoulder down toward the mat
- **SWITCH** sides – hold each for 30 seconds

