

**Living Active Fitness Consulting**  
*"Inspiring Personal Health & Wellness"*

Terrina N. Mason  
 BCRPA Certified Personal Trainer

Phones 604.795.0342  
 tmason@telus.net  
 www.livingactivefitness.com



# Basic Full Body Stretching Program

## Page 2

Hold each stretch for 30-60 secs. Complete 3-5 Circuits of Stretching

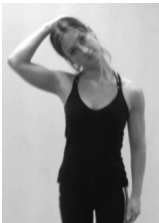
**SHOULDERS**— Hold hands behind back; lift arms up towards ceiling; don't lean forward.



**ROTATOR CUFF**— Place a bent arm behind your back; reaching from front, grab your elbow (or wrap towel above & around elbow joint); pull elbow forward as you push your shoulder back.

**UPPER BACK**— 1. Round your shoulders forward; interlock fingers in front and push forward

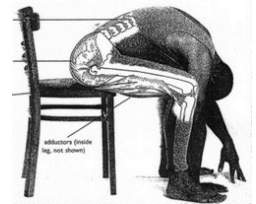
2. Same position as above; try to pull fingers apart but resist.



**NECK**— 1. Ear to Shoulder (use hand for additional resistance) 2. Chin to Chest 3. Chin to Armpit; For additional stretch grab arm behind back & pull in same direction as head tilt.



**LOW BACK**— Sit on the edge of a chair; drop head between legs; grab opposite ankles from behind; pull downwards



**INNER THIGH**— Sitting on floor; hands behind body; bottom of feet together; walk pelvis towards heels

**ABS**— Lay flat on your back; elongate and stretch out arms & legs



**SIDE/OBLIQUES**— Standing up; grab arm above head (from wrist); lean & pull to one side