
1 **Neck rolls**
Side to side.

2 **Arm Circles**
Backwards and forwards, palms up and down.

3 **Tricep Stretch**
Elbow next to ear. Pull behind head with opposite arm. Repeat with other arm.

4 **Shoulder Stretch**
Arm across chest. Aid stretch with support of opposite hand at elbow. Repeat with other arm.

5 **Body Twist**
Hand to sternum, other arm points out at shoulder level. Turn in direction of long arm.

6 **Side Bends**
Support body with one hand and stretch opposite arm over head to lengthen side muscles.

7 **Dead Hand or Toe Touch**
Wide stance bend at waist, let upper body hang toward ground.

8 **Lunge**
Very wide stance, point one toe out, have other foot at right angle.
Let the weight lower you to ground, keeping upper body erect; knee does not pass toes.

9 **Dead Hand or Toe Touch**
Wide stance bend at waist, let upper body hang toward ground.

10 **Achilles Stretch**
Both feet pointed same direction, as if walking. Wide stance, lower weight down, not forward, keeping back heel on ground.

11

Over Head Stretch with Club

Arm straight at elbows, push arms as far back over head as possible.

12

Behind Back Stretch with Club

Hands together, bend at hips, then lift arms up off back as high as possible.

All stretches done with knees flexed. The longer the stretch (5-15 count), the better. The more repetitions, the better. Do routine as often as possible.