



## **Basic Stretching Exercises**

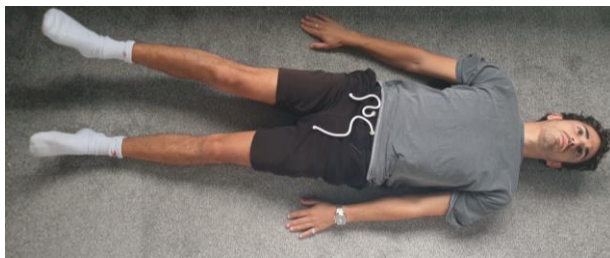
These nine stretches can be done before getting out of bed in the morning as well as before and after exercising.

**Hold each stretch or rotation for 15-30 seconds each**

**1. Full Body Stretch** Lying down stretch your arms over your head and point your toes downwards.



**2. Rotation of the Ankles** Rotating the ankles in a circular way in one direction and then swap directions





**3. Single Knee Bend Stretch** bend one leg bring the knee to the tummy and hold on the shin. Swap Legs and repeat on the other leg.



**4. Double Knee Bend Stretch** Bring both knees into the tummy and hold the shins.

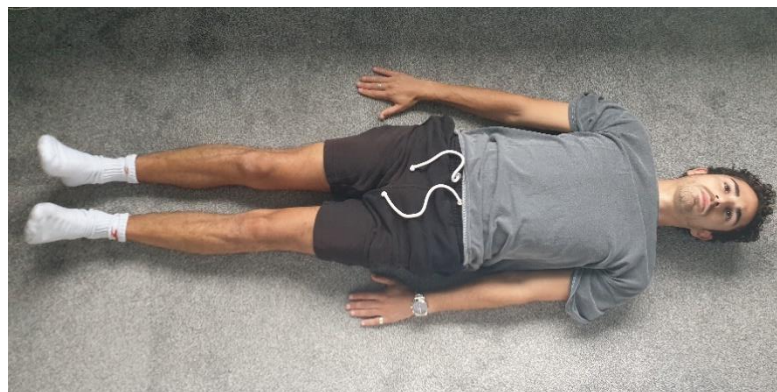




**5. Double knee Bend Spiral Stretch** Keeping the knees bent place your arms at your side and rotate the knees to the left and hold. Swap sides and hold stretch.



**6. Flexion and Stretch of the Ankles** Lying down placing your arms at your side or stretched over your head and point you toes downwards and then flex the feet towards the knees





**7. Shoulder Rotation** Sitting up rotate the shoulders in one direction and then swap direction



**8. Shoulder and Cross Back Spiral Stretch**

Bring one arm across the body and hook the other arm under and pull the arm towards the body turn your head to try and look over the shoulder of the arm you are stretching. Swap the arm.





9. Stand up for one last stretch up to the ceiling with deep breathing.



For more information about pre- and post-exercise stretching, please contact me:

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