


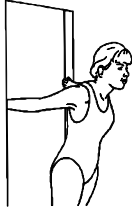






Routine For: Healthy Utah Members
 Created By: Healthy Utah

Nov 25, 2009
 Basic Stretching Routine

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
														
														
														
														
														
														



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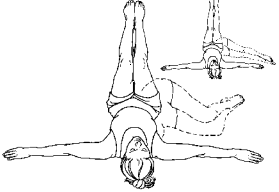
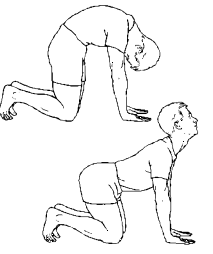
<p>Instructions</p>  <p>Stretch all the major muscles groups. Take each stretch to the point of sensation without pain. Hold for 30-60 seconds.</p> <p>THIS IS THE MOST IMPORTANT PART OF YOUR WORKOUT.</p>	<p>NECK Bring your head to one side. Let the weight of your arm hang on your head; do not pull your head.</p> <p>Variation 1: Bring the chin toward the shoulder.</p> <p>Variation 2: Bring the chin toward the center of the chest; let both arms hand on the head.</p> <p>Hold 30-60 seconds.</p> <p>Repeat on the other side.</p> 	<p>SHOULDERS</p> <p>Reach arm across chest until stretch is felt. Reach the shoulder down away from the head. Turn head toward the shoulder being stretched.</p> <p>Hold 30-60 seconds.</p> <p>Repeat with other arm.</p> 
<p>CHEST</p>  <p>Holding onto a door frame with arms at shoulder level, lean forward until stretch is felt.</p> <p>Hold 30-60 seconds.</p>	<p>BICEPS</p> <p>With arms straight and fingers interlaced, raise arms until stretch is felt.</p> <p>Hold 30-60 seconds.</p> 	<p>TRICEPS</p> <p>Pull elbow behind head until stretch is felt. Walk the hand down the middle of the back. Use the opposite hand to intensify the stretch.</p> <p>Hold 30-60 seconds.</p> <p>Repeat with other elbow.</p> 
<p>GLUTES</p>  <p>Gently pull foot and knee toward shoulder, rotating at hip.</p> <p>Variation: Bend the left knee and place the right ankle on the left thigh. Reach through the legs and pull the left knee toward the chest.</p> <p>Hold 30-60 seconds.</p> <p>Repeat with other leg.</p>	<p>OUTER THIGH</p>  <p>With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder.</p> <p>Hold 30-60 seconds.</p> <p>Repeat with other side.</p>	<p>HAMSTRINGS</p>  <p>With hand behind knee, pull leg forward until stretch is felt. For more stretch, move hands up the leg toward ankle. While holding the stretch roll out the ankle and point and flex the foot.</p> <p>Hold 30-60 seconds.</p> <p>Repeat with other leg.</p>
<p>QUADRICEPS</p>  <p>Standing up tall, pull leg toward buttocks until stretch is felt in front of thigh. Tilt the pelvis forward to increase the stretch in the hip flexors.</p> <p>Hold 30-60 seconds.</p> <p>Repeat with other leg</p>	<p>CALF</p> <p>Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.</p> <p>Hold 30-60 seconds.</p> <p>Repeat with other leg.</p> 	<p>BACK</p>  <p>Slide hands forward and buttocks back towards the heels.</p> <p>Hold 30-60 seconds.</p>

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<p>LOWER BACK</p>  <p>Bring both knees to chest and hold. Gently rock from side to side to release the lower back.</p> <p>Variation 1: Circle your knees a few times in each direction.</p> <p>Variation 2: Bring your head up towards your knees and round your back.</p> <p>Hold 30-60 seconds.</p>	<p>SPINAL TWIST</p>  <p>Lie on back, legs in air, bent 90°, arms out to sides, palms flat. Slowly lower legs toward side, upper torso flat.</p> <p>Hold for 30-60 seconds.</p> <p>Repeat on other side.</p>	<p>CAT & COW</p>  <p>On all fours with your knees under your hips and your wrists under your shoulders. Exhale, tighten your abdominal muscles and round your back towards the ceiling. Now, inhale, arch your back as you lower your belly towards the floor. Don't sag in your shoulders.</p> <p>Repeat for 10 full breaths</p>
<p>Healthy Utah 288 N 1460 W Salt Lake City, UT 84114 Hours: Monday - Thursday 7 AM - 6 PM Phone: 801-538-6004</p>		