

Simple Stretches at Home Edition!

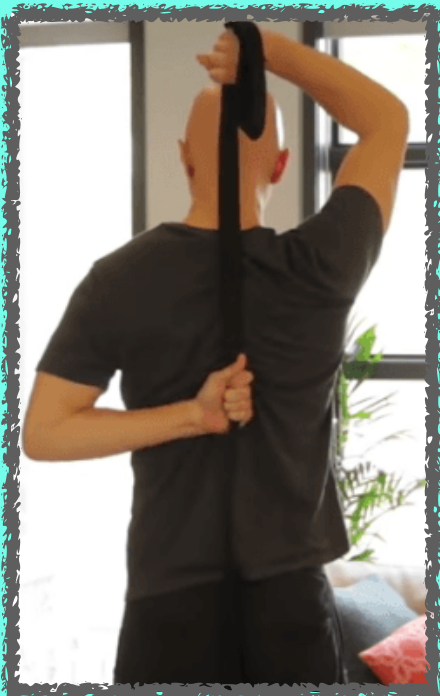
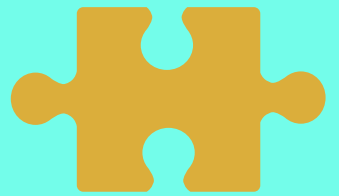
Looking to get a good stretch in after your workout? Try these exercises out as they give a deep stretch and just make your body overall happy to go through a full range of motion! All you need is a yoga strap or even a belt! It's really that easy! You can even do this with the kids! Perform each exercise 2-3 times and hold each stretch between 15-30 seconds!

Shoulder Mobility (Also stretches the chest)

Start: By holding your yoga strap or belt with both hands. Bring the strap to about chest height with your arms directly in front of you. Slowly raise your arms over your head and start to slowly bring them behind you. (adjust your arms accordingly)

Finish: While your arms are moving towards your back, try to go as far as letting the strap touch the back of your hip. Slowly bring the strap forward returning to the starting position. Breath throughout the whole stretch

NOTE: if you feel extreme tightness try to release some tension in the strap. If that doesn't help, hold at the position where you feel the most discomfort (for a few seconds) and then slowly bring the strap back forward. Try again but this time try to get a little bit deeper into the stretch!



Tricep Stretch

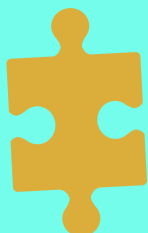
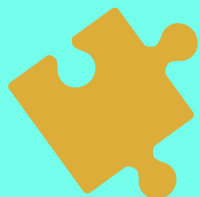
Start: Hold the yoga strap with your right hand, rolling it up to adjust it to the desired length. Left hand reaches behind your back to hang on to the opposite end of the strap. For more tension during the pull - try to inch your left hand up the strap. If you need more slack than slide the left hand down the strap towards you glute area.

Finish: With the left hand gently pull down on the strap so that the right arm feels some tension in the tricep area. Your right elbow should be bent and the hand should be behind your head slightly. Hold for a few seconds and continue to take deep breaths. Release the strap with the left hand and let the right arm rise. Switch sides.

Lateral Stretch / Half-Moon Pose

Start: Holding the strap with both hands, lift your hands above your head and bend from the arms (Almost like a half circle). Stand up straight and engage your core. Take a breathe and slowly tilt to the left side maintaining the bend in the arms. With the left hand slightly pull down on the strap giving the right side a deeper stretch. Hold for a moment.

Finish: Slowly lift yourself back into standing position, maintain the bend in the arms. Once you reach the top, take another breathe and start to tilt to the right side. Repeat the process.

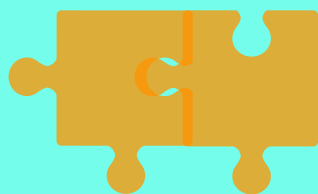
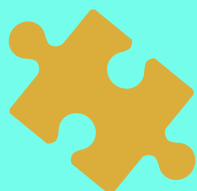


Big Toe Pose

Start: Either lying on the floor or on a bed/ bench, put the yoga strap on the arch of your right foot. Slowly lower yourself down so that you can press your back into the floor/bed/ bench. Holding onto the straps with both hands slowly pull on up, moving your foot so it is around hip level or to a comfortable level. Move your hands accordingly on the strap to apply tension. Hold for about 15-30 seconds and while taking breathes as you hold.

Finish: Slowly lower your foot down to the floor. Take the strap off of the right foot and switch sides. Repeat the process.

Note: Your head should be on the floor when you are lifting your foot up. This is to make sure there is no pain in the back or neck.

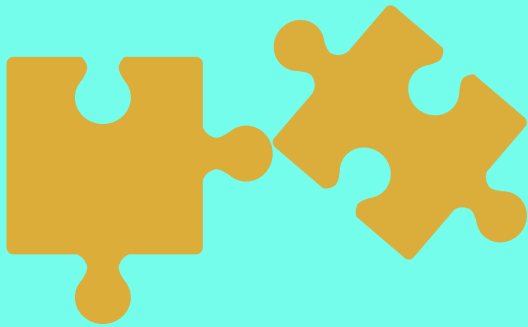




Full Spinal Twist with Yoga Strap

Start: Begin by lying on a flat surface (Floor or bed). Bring the yoga strap onto the arch of your foot. Slowly raise the foot up to hip level while lowering your upper body to the floor. Hold both ends of the strap with the opposite hand of the foot the strap is on. (ex: left foot = right hand holds the yoga strap).

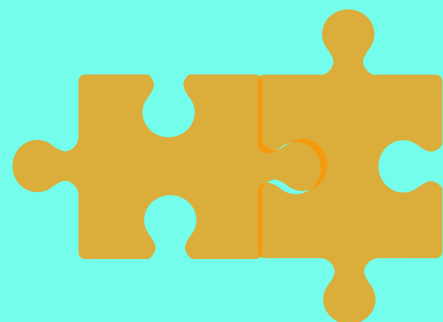
Finish: Slowly and comfortably lower your foot to the side that is hanging onto the yoga strap, attempting to bring your foot to the floor or until you feel a slight discomfort. With the arm that is free, reach out behind you. This adds a little stretch to the back as well as the hips. Take a few deep breaths while holding for 15-30 seconds. When finished slowly bring your foot back to the starting position and jump to the **Hip Openers** below!



Hip Openers / Abduction Stretch

Start: While the yoga strap is still on the arch of the foot and at hip level, keep your chest towards the ceiling for this stretch. Hold both ends of the strap with the hand closest to the raised foot. Slowly lower yourself towards the side, bringing the foot closer to the floor. Stop when you feel a slight discomfort or when you are able to touch the floor. hold for 15-30 seconds taking deep breathes as you go.

Finish: With the hand holding onto the yoga straps, slowly lift your foot back into the starting position. Switch feet and repeat, starting back to the **Full Spinal Twist with Yoga Strap**.



Shared by Joshua Szopinski - FitRec Personal Trainer

