



## Dana's Favorite Stretches

### Hip/Glute Stretch

Cross left foot over right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Switch Legs



### Hamstring Stretch

Lie on floor with knees bent. Straighten one leg and slowly pull it towards you, clasp the thigh, calf or ankle. Keep knee slightly bent. Switch legs.



### Lunge Stretch

In lunge position, rest back knee on the floor, with front knee at 90 degree angle, abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Switch legs.



### Piriformis Stretch

Begin on the hands and knees and bring the left knee in, resting it on the floor between your hands (you should be on the outside of the knee). Straighten the right leg out behind you and, if you can, bend forward and rest the forearms on the floor.



### Knees to Chest

Lying on the floor pull your knees into your chest and clasp your hands under your knees. Gently press your hips to the floor.



## Upper Body Stretches on ball

### Shoulders

Take right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders. Switch sides.



### Side Stretch

Sitting or standing, clasp your hands straight up overhead, palms facing the ceiling. Gently lower to the right side until you feel a stretch down your left side. Switch sides and repeat.



### Triceps

Bend the left elbow behind your head and use the right hand to gently pull the left elbow in further until you feel a stretch in your tricep. Switch sides and repeat.

