



ACTIVE PARRAMATTA VAN

Daily Stretch Routine

Do these stretches when you're feeling foggy or stressed, and power through the rest of your day!



Overhead arm reach

- sit tall in your chair
- Extend your arms overhead.
- look up and bring your palms together as you stretch higher toward the ceiling.
- Hold for five counts then return and repeat.



Torso stretch

- Facing forward, cross your left leg over your right leg.
- Twist your upper body to the right and hold.
- Twist your upper body to the left and hold.
- Repeat on other side.



Overhead side reach

- Extend arms overhead.
- Reach to the left side.
- Hold for 10 to 30 seconds.
- Repeat on the other side.



Back extensions

- Sit straight with your feet together.
- Put the palms of your hands into the small of your back.
- Lean back over your hands, feeling your lower back stretch out.



Wrist stretch

- straighten your left arm in front of you. (gesturing a STOP sign)
- pull the top of your left palm back with your right hand and hold.
- Repeat on other hand.



Glute stretch

- While seated, cross the right ankle over the left knee and sit up nice and tall.
- Gently lean forward, keeping the back straight and reaching out with the torso until you feel a stretch in the right glute and hip.
- repeat on the other side.



Upper shoulder stretch

- Sit on one hand.
- Tilt your head away from the hand you're sitting on, towards your shoulder.
- rest your free hand over your head.
- Change sides and repeat.



Hamstring stretch

- Sit on edge of chair.
- Position heel on floor with knee straight.
- Reach toward toe or bring torso toward leg. Hold stretch. Repeat with opposite leg.



Chest stretch

- Start either in a seated or standing position.
- Clasp hands behind your back.
- Push the chest outward and raise the chin.
- Hold the pose for 10 to 30 seconds.



Seated forward bend

- Sit straight with your feet hip width apart
- With your arms straight in front of you, lean your torso forward and down towards the floor
- Reach your hands towards your floor and round your back, with your head and neck relaxed