



ACTIVE PARRAMATTA VAN

Daily Stretch Routine

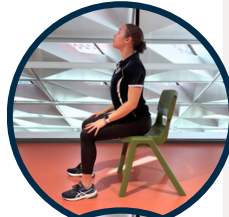
1. Torso stretch

- Sitting tall in your chair, twist your upper body to the right and hold onto the chair.
- Turn your head to look over your right shoulder.
- Hold for 15 to 30 seconds. Repeat on other side.



2. Cat Cow

- Sitting tall with feet flat on the ground.
- Arch your spine, pushing your chest forward and head up.
- Then round your spine, pushing your back away and bring your chin towards your chest.
- Slowly roll through these two positions 10 times.



3. Overhead side reach

- Bring feet further apart and rest right arm on right thigh.
- Extend left arm overhead, leaning to your right as far as your can.
- Hold for 15 to 30 seconds.
- Repeat on the other side.



4. Glute stretch

- While seated, cross the right ankle over the left knee.
- Gently lean forward, keeping the back straight and reaching out with the torso until you feel a stretch in the right glute and hip. Hold for 15 to 30 seconds.
- Repeat on the other side.



5. Seated warrior

- Sit on the edge of your chair, bend right knee and angle right foot away.
- Extend left leg keeping foot flat on the ground.
- Push your hips forward and feel the stretch in your left hip and inside of left your leg. Hold for 15 to 30 seconds.
- Repeat on other side.



6. Hamstring stretch

- Sit on edge of chair.
- Straighten right leg and position heel on floor, toes pointing up.
- Reach toward toe or bring torso toward leg.
- Hold stretch for 15 to 30 seconds.
- Repeat on other side.



7. 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 with your head and neck relaxed.
- Hold for 15 to 30 seconds.



8. Overhead arm reach

- Sit tall in your chair or stand.
- Extend your arms overhead.
- Look up and bring your palms together as you stretch higher.
- Hold for 3 seconds then lower arms and repeat 5 times.



Note: Inhale as you lift your arms, exhale when arms lower.



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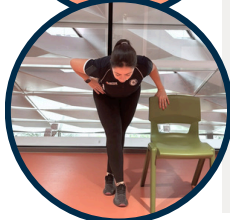
9. Quad Stretch

- Standing and holding on to a chair for balance.
- Hold your ankle from the back and bring the foot closer to your glutes.
- Hold for 15-30 seconds.
- Repeat on other side.



10. Forward Fold

- Standing next to a chair, holding on for balance.
- Cross one leg in front of the other.
- Hinging from the hips, fold forward.
- Hold for 15 to 30 seconds.
- Repeat on the other side.



11. Standing Torso Twist

- Standing behind a chair with feet wider than the hips.
- Take a big step away from the chair with the hands on it.
- Drop your chest towards the floor.
- Keeping one hand on the chair, lift the other hand to the ceiling.
- Alternate sides 10 times.



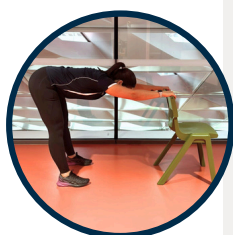
12. Calf Stretch

- Standing behind a chair, holding on for balance.
- Take a big step back, pushing back heel down to the floor and bending the front knee.
- Hold for 15-30 seconds.
- Repeat on the other side.



13. Chest Stretch

- Standing behind a chair with feet wider than the hips.
- Take a big step away from the chair with the hands on it.
- Drop your chest towards the floor as much as you can.
- Keep arms and legs straight (can have a slight bend in knees if needed).
- Hold for 15-30 seconds.



14. Neck Stretch

- Standing, interlock your fingers behind your back.
- Bend elbows and bring both hands together to the side of the body.
- Tilt the neck to the opposite side as the hands.
- Hold stretch for 15-30 seconds.
- Repeat on other side.



15. Standing Warrior

- Stand with legs in a wide stance.
- Point right foot sideways while keeping left foot facing forward.
- Bend your right leg leaning to the side, keeping left leg straight.
- Hold for 15-30 seconds.
- Repeat on the other side.



16. Kneeling Lunge Stretch

- Kneel on a mat or cushion.
- Bend the front leg, making sure your foot is under the knee and keep the back knee on the floor.
- Push the hips forward keeping the weight on the front leg.
- Hold for 15-30 seconds.
- Repeat on the other side.

