





Daily Stretching

Exercise	Sets	Reps	Picture	Notes
Overhead Stretch	2-4	30s		Reach up with the arms high on the wall. Put one hand over the other and lean in with the chest to stretch the shoulders and lats.
Pec Stretch	2-4	30s		Place the palm on the doorway or wall and gently rotate the body away to stretch the chest. Keep the shoulders down (depressed) throughout the stretch.
Standing Hamstring Stretch (straight back)	2-4	30s		Bend over and reach for the toes with a straight back.
Standing Quadricep Stretch	2-4	30s		Reach back and grab your ankle to stretch your quad (front of the leg). Push the hips forwards for a greater stretch.

Notes

Frequency: At least 2-3x per week
 Intensity: Stretch to tightness or slight discomfort
 Perform all sets of an exercise before moving to the next
 Rest 10-30 seconds between stretches or as needed
 Hold the stretch for the given duration and try to increase the range of motion over time



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