

## Upper Body Stretches



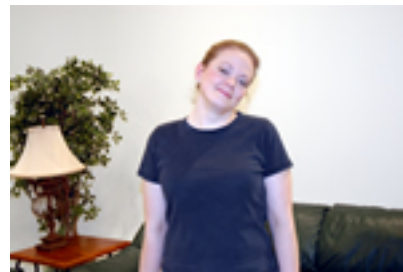
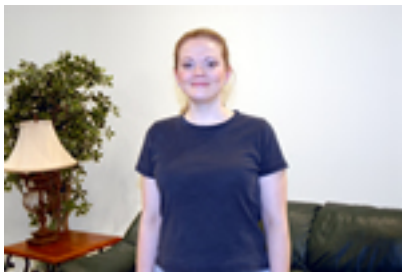
### **Chest Stretch**

- Facing a corner, place your hands on the wall, elbows bent to 90 degrees
- Slowly lean forward into the corner, feeling the stretch in the chest and shoulders



### **Back Stretch**

- Standing or sitting with good posture, bring one arm up to a 90 degree angle
- With your opposite arm, pull your bent arm across your body
- Try not to twist at your waist, but focus on pulling your elbow to the opposite shoulder in the front
- Repeat on the other side



### **Neck Stretch**

- Standing or sitting in good posture, lower your shoulders toward the floor

- Lower one ear towards your shoulder (not shoulder to ear!)
- For a deeper stretch, reach with your opposite hand (for example, if you are lowering your right ear to your right shoulder, reach with your left hand) toward the floor
- Repeat on the other side



### **Tricep Stretch**

- Standing or sitting with good posture, reach one arm over your head
- Bending your elbow, touch your back with that same hand
- Without pushing your neck forward, grasp your bent elbow with your opposite hand and pull the elbow to the opposite side
- Repeat on the other side



### **Bicep Stretch**

- If you have a partner, face away from them and extend your arms behind you
- Your partner can hold your wrist, palms facing out, and lightly pull them behind you
- If you are by yourself, you can sit on a couch or chair and place one hand on the surface, fingers pointed behind you, arm straight
- With your opposite hand, lightly pull your shoulder forward until you can feel the stretch
- Repeat on the other side



### **Abdominal Stretch**

- Stand upright, placing your hands on your hips
- Push your hips forward as you pull your shoulders back, arching your back until you feel the stretch across your abs.
- Pull your shoulders back as far as you can to help get the most out of this stretch

For all stretches, hold each stretch at least 30 but no more than 60 seconds. Aim for 1-3 sets for each stretch. If you feel you need more time on the stretch, stretch the opposite side and then go back to the first side. Stretch to the point in which you feel tightness, but no pain. Don't bounce, but instead relax into the stretch, and save your stretches until after your workout for best results.

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### **Disclaimer:**

**Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.**

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