

DAILY STRETCH & FLEX: 10 MINUTE ROUTINE

Warm Up

Designed to get the **HEART RATE UP**, **BLOOD FLOWING**, and **JOINTS LUBRICATED!**



Marching OR High Knees
20 seconds



Side Step OR Shuffle
20 seconds



Butt Kicks
20 seconds



Hip Out
10 seconds



Hip In
10 seconds



Toe Raise
5 reps



Stir The Pot
5 reps



Shoulder Rolls
5 reps



Shoulder Blade Squeeze
5 reps



Hug
5 reps



Bench Squat
10 reps



Step Back Lunge
10 reps



Side Lunge
10 reps

Dynamic Strength

Designed to build **STRENGTH** and **BALANCE!**

Flexibility

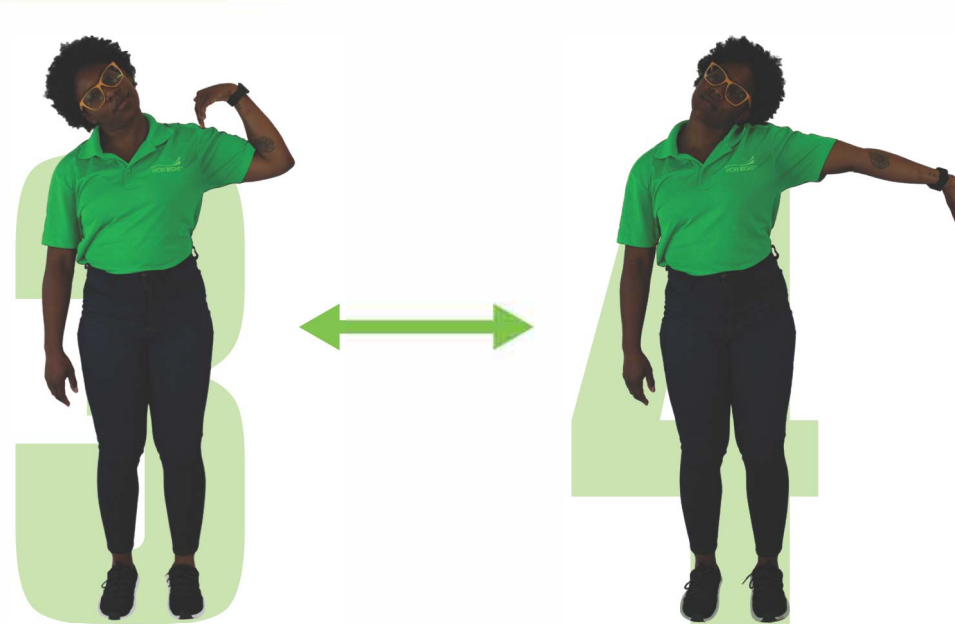
Designed to increase **FLEXIBILITY**, **MOBILIZE NERVES**, and **PREPARE** for the day!



Posterior Shoulder Stretch
20 seconds



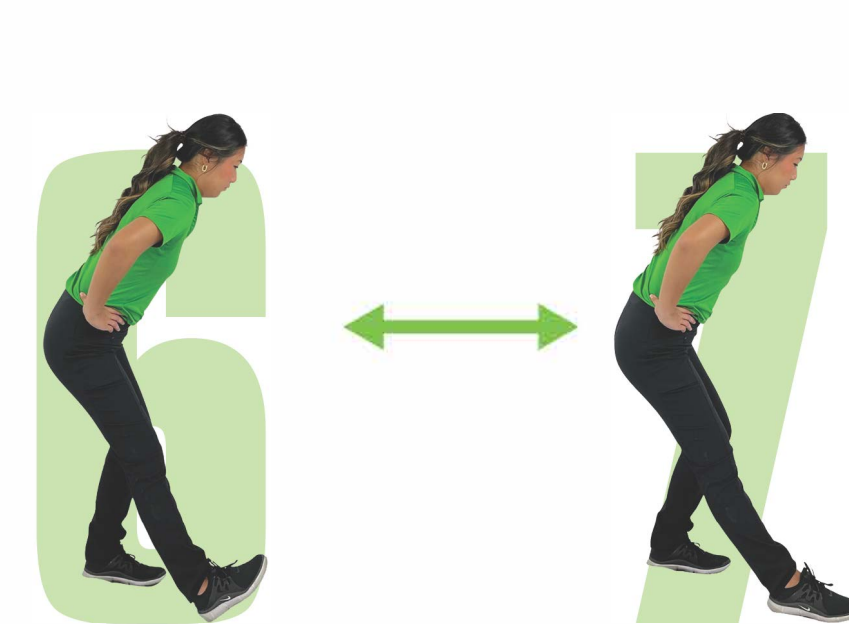
Pec/Chest Stretch
20 seconds



Median Nerve Mobilization
5 reps



Low Back Extension
5 reps



Sciatic Nerve Mobilization
10 reps



Hamstring Stretch
20 seconds



Figure 4 Stretch
20 seconds



Hip Flexor Stretch with Wrist Rotation
20 seconds

Prior to starting any fitness program, check with your physician to make sure you are healthy enough to begin an exercise routine.