**LOWER BODY**

**POSTERIOR LEG STRETCH**

**Start:** Position middle loop around ball of one foot and hold one end loop in each hand. Lie on back, legs straight, feet on floor.

**Finish:** Slowly bend arms and pull end loops toward chest while lifting leg upward. With legs straight, heel pulling outward and toes pulled downward, continue to lift leg until a stretch is felt along inner thigh. Hold stretch while keeping opposite leg straight and stationary on floor.

**POSTERIOR SHOULDER / ARM STRETCH**

**Start:** Position middle loop in door at shoulder level. Place end loop around elbow of hand. Stand perpendicular to door with shoulders angled slightly inward and aligned with hinge-side of door. Position foot closest to door outside hip width with toes pointed outward and leg straight.

**Finish:** Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. With shoulders forward and aligned with hinge-side of door, straighten and pull arm forward from door across front of chest until a mild stretch is felt along back of arm and shoulder. Keep head, hips, and feet stationary.

**INNER THIGH STRETCH**

**Start:** Position middle loop around ball of one foot and hold one end loop in each hand. Lie on back, legs straight, feet shoulder-width apart, toes and kneescaps pointed upward.

**Finish:** Slowly reach across front of body with stretching-side hand and pull away from body with the opposite hand. With stretching leg crossed above opposite leg, pull foot down and inward toward floor until a mild stretch is felt across front of hip and thigh. Hold stretch while keeping opposite leg straight and stationary on floor.

**CHEST STRETCH**

**Start:** Position middle loop in door at shoulder level. Place end loops around palms of hands with arms fully extended overhead and palms facing forward. Stand facing away from door with feet shoulder-width apart. Position foot closest to door slightly behind hip with toes pointed forward and leg bent slightly. Position foot furthest from door in front of hip with toes pointed forward and leg straight.

**Finish:** Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. Slowly lean upper body forward, simultaneously pull hands and arms back until a mild stretch is felt across front of shoulders. Keep head, hips, and feet stationary.

**POSTERIOR SHOULDER / ARM STRETCH**

**Start:** Position middle loop in door at shoulder level. Place end loop around elbow of hand. Stand perpendicular to door with shoulders angled slightly inward and aligned with hinge-side of door. Position foot closest to door outside hip width with toes pointed outward and leg straight.

**Finish:** Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. With shoulders forward and aligned with hinge-side of door, straighten and pull arm forward from door across front of chest until a mild stretch is felt along back of arm and shoulder. Keep head, hips, and feet stationary.

**UPPER BODY**

**ANTERIOR LEG STRETCH**

**Start:** Position one end loop around arch of one foot and hold the opposite end loop with same-side hand, bend arm, and position hand over same-side shoulder. Lie on stomach, legs slightly bend hip-width apart, toes pointed forward with stretching leg while lifting slight off floor.

**Finish:** Slowly straighten arm and pull end loop toward floor while bending leg. Pull heel toward buttocck and continue to bend until a mild stretch is felt across front of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.

**CHEST STRETCH**

**Start:** Position middle loop in door at shoulder level. Place end loops around palms of hands with arms fully extended overhead and palms facing forward. Stand facing away from door with feet shoulder-width apart. Position foot closest to door slightly behind hip with toes pointed forward and leg bent slightly. Position foot furthest from door in front of hip with toes pointed forward and leg straight.

**Finish:** Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. Slowly lean upper body forward, simultaneously pull hands and arms back until a mild stretch is felt across chest. Keep head, hips, and feet stationary.

**ANTERIOR SHOULDER / ARM STRETCH**

**Start:** Position middle loop in door at shoulder level. Place end loop around elbow of hand. Stand perpendicular to door with shoulders angled slightly inward and aligned with hinge-side of door. Position foot closest to door outside hip width with toes pointed outward and leg straight.

**Finish:** Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. With shoulders forward and aligned with hinge-side of door, straighten and pull arm forward from door across front of chest until a mild stretch is felt along back of arm and shoulder. Keep head, hips, and feet stationary.

**MIDDLE LOOP**

**NECK OF LOOP**

**END LOOPS**

**Door Attachment Instructions:**

All upper body stretch activities require that the middle loop of the strap be positioned in the hinge side of door. Open door, insert the entire middle loop and neck of strap between door and doorjamb. Close door tightly, securing neck of strap to ensure that the strap does not slip during exercise. Return to each upper body stretch activity.

Exercising homepage.

**Exercise Guide:**

- Increase walking distance or stretch by 2-5 minutes of gentle warm-up exercise.
- As a warm-up, perform each selected stretch movement pattern 2-3 times.
- Perform each stretch in a progressive two-step manner. Begin stretching muscle group to the point of minimal tension. Perform an additional 2-3 seconds without stretching muscle group. Never stretch to the point of pain.
- Repeat each stretch between 3-5 times with each leg/hand before performing the next stretch activity.
- 6-8 sets per week of lower-seated muscle group is recommended.

**Door Attachment Instructions:**

All upper body stretch activities require that the middle loop of the strap be positioned in the hinge side of door. Open door, insert the entire middle loop and neck of strap between door and doorjamb. Close door tightly, securing neck of strap to ensure that the strap does not slip during exercise. Return to each upper body stretch activity.

**Exercise Instruction:**

Concentrate on muscle(s) being stretched and hold for 5-10 minutes of gentle warm-up exercise. Stretch targeted muscle group to the point of only mild tension. NEVER stretch to the point of pain!

- If desired, stretching may be performed daily. A minimum of 3-4 performing the next stretch activity.
- Repeat each selected stretch 3-5 times with each leg/arm before performing the next stretch activity.
- As a warm-up, perform each selected stretch movement pattern 2-3 times.
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