

Daily Stretches

Each Stretch is for a 10 count

Make sure you use different multiples (2-3-4-5-6-7-8-9) or counting in spanish

Arm Circles Forward

Arm Circles Backwards

Helicopters

20 Jumping Jacks

Arm Across Right

Arm Across Left

Butterflies

Turtles

Figure 4 Right foot In Left Foot Out

Figure 4 Left foot In Right Foot Out

Both Feet Out together

Straddle Stretch Left

Straddle Stretch Right

Straddle Stretch Center

Back Stretch Right

Back Stretch Left