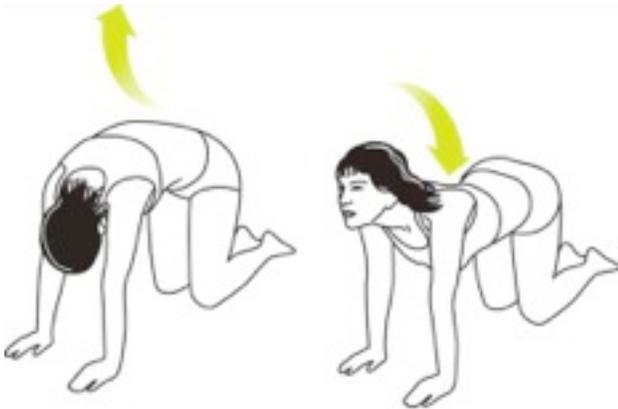


# Three Minute Stretch Everything Plan

Do these six exercises in the order presented to stretch every muscle and joint in just 3 minutes.



**Puppy Pose:** Kneel on the floor and sit your buttocks on your heels with your legs hip-width apart. Bend over and reach forwards as far as you can comfortably. Your goal is to have your arms and elbows straight and your head should be slightly elevated from the floor in a neutral position. Hold for 30 seconds.



**Cat Cow Pose:** Start on your hands and knees with your hands directly beneath your shoulders and your knees directly beneath your hips. Inhale and let your spine sag, head up, chin up, eyes up, tail up. Exhale and hump your back like a cat, head down, chin tucked, tail down and tucked. Repeat 10 times in 30 - 45 seconds



**Cobra Pose:** Lay on your stomach and with your elbows held to your sides and your palms flat on the floor just wider than shoulder width. If you can, bend your ankles so that the pads of your toes are on the floor for a more advanced stretch. Slowly push up your head and shoulders as far as you can comfortably and look up at the ceiling. Keep your hip bones and lower stomach touching the floor throughout. Hold for 30 seconds.

# Three Minute Stretch Everything Plan

Full Squat



Western Squat



Squat: Place your feet shoulder width apart and squat down. Hold for 30 seconds. Try to keep your heels flat on the floor. Most people cannot do a full squat with their heels flat. For us westerners a western squat is fine and you can always have the goal to keep those heels down. You may keep your arms in any position that is comfortable. If you do not feel stable and safe squatting you may find it helpful to hold onto your kitchen counter at the sink and squatting.



## Side Split with Forward Bend:

Stand with your legs spread as wide as you can with your feet parallel pointing forward. Hold for 15 seconds then slowly bend forward keeping your knees straight and your chin tucked. Your hands may touch the floor. Hold for 15 seconds.

**Sky Reach:** Sit cross legged on the floor. This exercise may also be done sitting in a chair or standing. Lace your fingers with your palms facing out and lift your arms up over your head and reach as high as you can. Hold for 30 seconds.

