

Stretch Name

Purpose

Butterfly	»»	Activates shoulder joint and provides stretch to front of chest and back of shoulders; preparation for reaching
Wax On-Wax Off	»»	Brings oxygen and mobility to the median nerve; activates shoulder musculature; provides gentle stretch to the front of the chest; preparation for grasping and reaching
Prayer Stretch	»»	Provides wrist flexor and finger extensor stretch; reverses grip; preparation for repetitive wrist/hand activity
Overhead Reach to Pull Down	»»	Elongates the spine and provides stretch to the trunk; activates the shoulder joint and shoulder blades; provides stretch to the front of the chest; preparation for overhead reaching and pulling
Hip Hinge T-W-Row	»»	Activates the glutes and hamstring; activates shoulders/rotator cuff musculature; preparation for bending and pushing/pulling/lifting
Thread the Needle	»»	Increases thoracic mobility and rotation; provides gentle stretch to trunk and shoulders; preparation reaching and twisting/rotation
Lunge with Arm Circle	»»	Stretch to the calves and hips; activates the shoulder joint; warms up the thoracic spine; preparation for stepping and reaching
Lunge and Lean	»»	Stretch to calf, hip flexor/front of hip and side of trunk; preparation for stepping, reaching, and bending
Triangle	»»	Stretch to the trunk and hamstrings; warms up the thoracic spine; stretch to front of shoulders and chest; preparation for bending forward, side bending, awkward positions
Hip Openers	»»	Activates hip musculature; warms up the hip joint; preparation for stepping and climbing
Butt Kicks	»»	Activates hamstrings; provides stretch to quadriceps; preparation for stepping and climbing
Hamstring Stretch + Glide	»»	Brings oxygen and mobility to the sciatic nerve; preparation for forward bending
Side-to-Side Lunge + Reach to Toes	»»	Stretch to hips, glutes, inner thighs/groin; activates glutes; loosens up spine; preparation for forward bending and reaching
Squat Pull	»»	Activates glutes, hamstring, and quadriceps; activates muscles along the back of the shoulder and shoulder blades; preparation for kneeling, crouching, and pulling