











Stretch Name

Purpose

Neck Rolls	»»	Loosens up muscles around the neck; gentle mobility to the spine; preparation for looking up and down
Alternating Shoulder Shrug	»»	Activates shoulder blades; loosens up muscles around the neck; preparation for repetitive tasks
Shoulder Complete Rotation	»»	Activates shoulder joint and rotator cuff musculature; preparation for pushing, pulling, and reaching
Shoulder Rotation Press	»»	Activates shoulder joint and rotator cuff musculature; preparation for pushing, pulling, and reaching
Motorcycle to Hand Openers + Wrist Extension	»»	Activates hand, wrist, and forearm musculature; preparation for grasping and carrying
Slouch to Overcorrect	»»	Loosens up the upper back and shoulder blade muscles; provides gentle mobility to the spine and stretch to the front of the chest; preparation for bending and reaching
Standing Cat-Cow + Open Book	»»	Increases thoracic and rib mobility and rotation; provides gentle stretch to trunk and shoulders; preparation for activities that require bending, reaching, and twisting/rotation
Lunge with Rotation	»»	Activates the quadriceps, hamstrings, and glutes; activation of abdominal musculature; preparation for squatting and lunging and twisting/rotation
Sumo Squat	»»	Activates quadriceps, hamstrings, and glutes; preparation for lunging, squatting, and stepping/climbing
Side Lunge + Side Bend	»»	Stretch to hips, glutes, inner thigh/groin, lower back; activates glutes; loosens up spine and ribs; preparation for forward bending and reaching

Stretch Name

Purpose

Chin Tuck + Rotate		Loosens and activates neck muscles; promotes improved posture; preparation for looking up/down for prolonged periods
Levator Scapulae Stretch		Loosens and activates neck muscles; preparation for looking up/down for prolonged periods
Shoulder Rolls		Activates neck and upper back muscles; preparation for looking up/down for prolonged periods and for reaching
Punch and Row		Activates shoulder blade and rotator cuff musculature; provides gentle mobility to the spine; preparation for pushing, pulling, and reaching
Nerve Slides		Loosens up wrist and forearms; promotes blood flow to the nerves; preparation for grip/pinch, wrist and hand use
Standing Cat-Cow + Open Book		Increases thoracic and rib mobility and rotation; provides gentle stretch to trunk and shoulders; preparation for activities that require bending, reaching, and twisting/rotation
Lunge with Rotation		Activates the quadriceps, hamstrings, and glutes; activation of abdominal musculature; preparation for squatting, lunging, and twisting/rotation
Flamingo to Hamstring Stretch		Activates hamstring and quadriceps; encourages balance; preparation for squatting, lunging, and forward bending
Side Lunge + Side Bend		Stretch to hips, glutes, inner thigh/groin, lower back; activates glutes; loosens up spine and ribs; preparation for forward bending and reaching
Sumo Squat to Hula-Hoop		Activates glutes, quadriceps, and hamstrings; provides gentle stretch to hip joints and lower back muscles; preparation for squatting, crouching, kneeling