

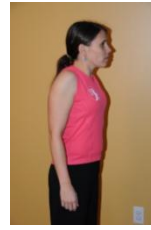
UVA-WorkMed 10 Minute Flexibility Workout

Warm-up: 2 minutes; March or jog in place (options: step side to side, hop, jump rope, etc.).

Ballistic Stretch (moving stretches)

❖ **Shoulder Shrug and Roll:** 10 counts

- Pull tops of shoulders towards ears.
- Roll shoulders back and down.



❖ **Head Roll:** 10 counts

- Drop head to the right shoulder.
- Slowly roll head from right shoulder down to left shoulder and back.

❖ **Arm Circles (small and big):** 10 counts forward, 10 counts reversed

- Extend arms straight out to the side, palms up, fingers extended up.
- Rotate in small circles forward then reverse.
- Rotate in large circles with fingers pointing down, forward, reverse.



❖ **Swimmers Crawl:** 10 counts each arm, forward and reverse.

- Simulate swimmers crawl stroke, then backstroke.

❖ **Double Arm Raise or Reachers:** 10 counts

- Wide-foot stance, with one foot in front of the other.
- Inhale arms up, reaching tall.
- Release arms downward reaching elbows behind.



❖ **Around the World Torso Twist:** 5 counts to the right, 5 counts to the left

- Wide-foot stance, straight legs with knees slightly bent.
- Bend half way down at waist, stretch arms over right leg with one hand grasping the other.
- Rotate from right side, to front, to left side, to top making full circle.



Static Stretch (stationary stretches)

❖ **Chest Stretch:** Hold for 10-15 counts

- Clasp hand together behind back.
- Pull hands down while pushing shoulder blades together.
- Press the chest out.



❖ **Shoulder Stretch:** Hold for 10-15 counts

- Reach arm across body and hold with opposite arm/hand above the elbow.



❖ **Tricep Stretch:** Hold each arm for 10-15 counts

- Raise bended arm overhead.
- Place open palm between shoulders.
- With opposite hand push or pull arm back behind head.



❖ **Quadricep Stretch:** Hold each leg for 10-15 counts

- Balance on one leg or while lightly touching a wall or chair.
- Grab left leg with left hand and pull towards buttocks. Switch legs.



❖ **Hamstring Stretch:** Hold each leg for 10-15 counts

- Keep standing leg straight; extend opposite leg with heel resting on chair.
- Keep back straight and bend forward at hips, chest and head are lifted.



❖ **Calf Stretch:** Hold each leg for 10-15 counts

- Stand with feet together, take one large step forward.
- Keep back leg straight and heel to the floor.
- Shift body weight forward with front knee slightly bent.

