

# STANDING STRETCHES

## ADULTS

### 1 SIDE REACHES

RIGHT SIDE 30 SECONDS  
LEFT SIDE 30 SECONDS



### LUNGE 2

LEFT FOOT FORWARD 30 SECONDS  
RIGHT FOOT FORWARD 30 SECONDS

### 3 PULL KNEE TO CHEST

RIGHT KNEE UP TO CHEST FOR 30 SECONDS  
LEFT KNEE UP TO CHEST FOR 30 SECONDS



### SHOULDER STRETCHING 4

LEFT ARM ACROSS 15 SECONDS  
RIGHT ARM ACROSS 15 SECONDS

### 5 TRICEP STRETCH

LEFT ARM BEHIND HEAD 15 SECONDS  
RIGHT ARM BEHIND HEAD 15 SECONDS



### REACH UP TO THE SKY 6

30 SECONDS

### 7 BEND AND TOUCH TOES

30 SECONDS



## NO EQUIPMENT REQUIRED!

**\*Do your best and stop if it's painful**

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