

# STANDING STRETCHES

K-12

**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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