



**9**




With arms overhead, hold the elbow of one arm with the hand of the other arm. Keeping knees slightly bent (1"), gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance and will protect your back.

**10**



**Shoulder Shrug:** Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward into their normal position. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.

**11**




To stretch the side of your neck and top of shoulder, lean your head sideways toward your left shoulder as your left hand pulls your right arm down and across. Hold for 8-10 seconds. Stretch both sides. This stretch can be done while sitting or standing.

**12**



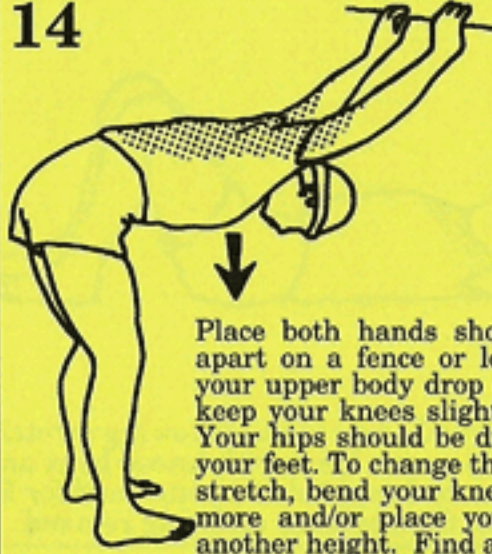
Hold a towel near both ends so that you can move it with straight arms up, over your head and down behind your back. Do not strain or force it. Your hands should be far enough apart to allow for relatively free movement up, over and down. To isolate and add further stretch to the muscles of a particular area, hold the stretch at any place during this movement for 10-20 seconds.

**13**




Interlace your fingers behind your back and slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from the shoulders. The stretch can be done at anytime. Hold for 5-15 seconds. Do twice.

**14**



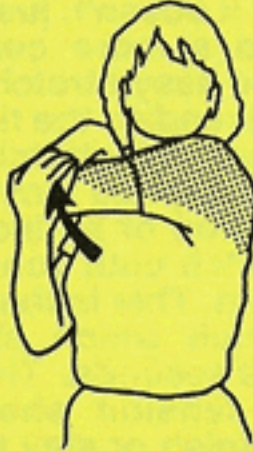
Place both hands shoulder width apart on a fence or ledge and let your upper body drop down as you keep your knees slightly bent (1"). Your hips should be directly above your feet. To change the area of the stretch, bend your knees just a bit more and/or place your hands at another height. Find a stretch that you can hold for at least 30 seconds. (Remember to always bend your knees when coming out of this stretch.)

**15**




Stand in a doorway and place your hands about shoulder height on either side of the doorway. Move your upper body forward until you feel a comfortable stretch in your arms and chest. Keep your chest and head up and knees slightly bent while doing this stretch. Hold stretch 15 seconds.

**16**



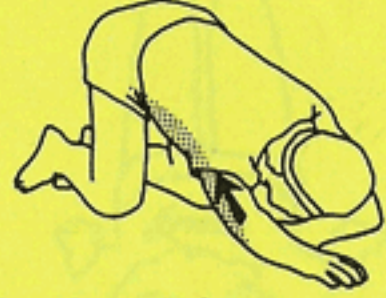
Hold your left arm just above the elbow with your right hand. Now gently pull your elbow toward opposite shoulder as you look over your left shoulder. Hold stretch for 15-20 seconds. Do both sides.

**17**




From the position illustrated above, with your palms flat and fingers pointed toward you, slowly lean backwards to stretch the forearms and wrists. Be sure to keep your palms flat. Hold a comfortable stretch for 15-20 seconds. Do not overstretch. Stretch for a good feeling. Enjoy stretching.

**18**



With legs bent under you, reach forward with one arm and grab the end of a mat, carpet or anything you can hold onto. If you can't grab onto something just pull back with your arms straight while pressing down slightly with your hand. (Do likewise pulling on end of mat.) Hold stretch for 20 seconds. Stretch each side. Don't strain. You should feel the stretch in your shoulders, arms, sides and upper back, or even in your lower back. Breathe easily.

If you have a tendency to have a forward head, rounded shoulders with lower back tension, then bring yourself into new alignment. This position, when practiced regularly, will help keep the body fresh with more energy and less tension. This aligned position is done by pulling your chin in slightly (not down, not up) with the top of the back of the head being pulled straight up. Think of shoulders back and down. Breathe with the idea that you want the middle of your back to expand outward. Tighten your abdominal muscles as you flatten your lower back into the chair. This is real good to do while driving or sitting to take pressure off of lower back. Practice this position often as you naturally train your muscles to hold this more alive alignment without conscious effort. Have patience with yourself.



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Bob and Jean Anderson, creators of this stretching chart are also the authors of the book, STRETCHING. Now a revised ©2000 edition.