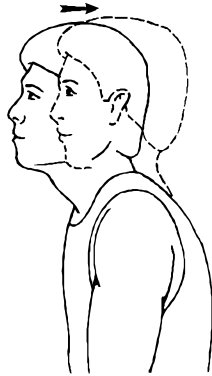


NECK - 1 Flexors

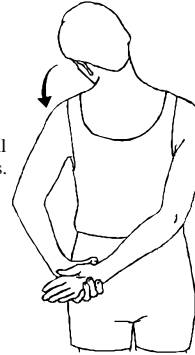
Pull head straight back, keeping jaws and eyes level. Hold 5-10 seconds.



Repeat 5 times.

NECK - 10 Side Benders

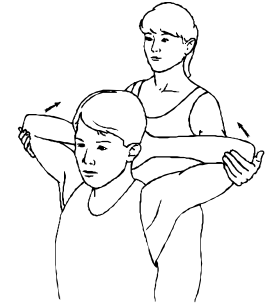
While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold 10-20 seconds. Repeat to other side.



Repeat 2 times.

CHEST - 7 Pectorals

Clasp hands behind head. Have partner pull arms back until stretch is felt. Hold 10-20 seconds.



Repeat 2 times.

SHOULDERS - 5 Deltoids

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 10-20 seconds.



Repeat 2 times.

General Tips

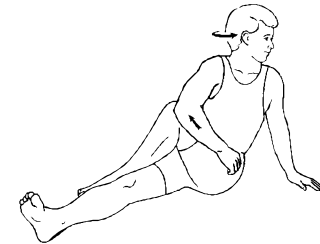
Consult a medical care provider before starting an exercise program if you have any concerns about your health.

Always stay in a pain free range when performing exercises.

Questions? Contact Cornell Wellness at 607-255-5133 or email wellness@cornell.edu

HIP OBLIQUE - 10 External Rotators

With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold 10-20 seconds. Repeat with other side.

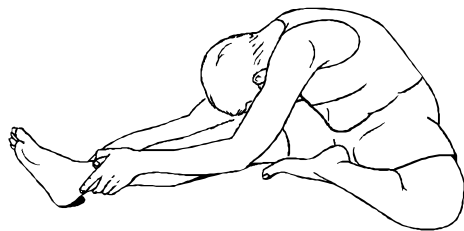


Repeat 2 times.

HAMSTRINGS - 3 Head to Knee

With hands on ankle, pull head toward knee and Hold 10-20 seconds. Repeat with other leg.

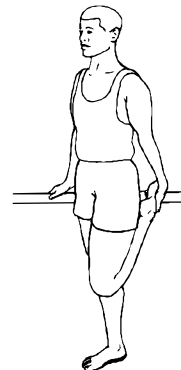
Repeat 2 times.



UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 10-20 seconds. Repeat with other heel.

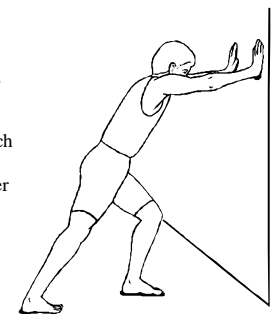
Repeat 2 times.



LOWER LEG - 8 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 10-20 seconds. Repeat with other leg.

Repeat 2 times.



Routine For:

Created By: Kerry Howell

flexibility - full body exercises
