

# LOWER BODY STRETCH GUIDE



## 1. FIGURE 4 GLUTE STRETCH



1. Lean Towards Knee
2. Hold for 20 Seconds
3. Repeat

## 2. HAMSTRING / SCIATIC STRETCH



1. Start with Leg Straight in Air
2. Hands Behind Knee
3. Pull Towards Chest
4. 20 Reps

# UPPER BODY STRETCH GUIDE



## 1. EXTERNAL ROTATION "SOLDIER SHOULDER"



1. Position Shoulder
2. Rotate Arm at 90 Degrees
3. 15 Reps

## 2. BANDED REVERSE ARM CIRCLES "ARM DISLOCATION"



1. Pull Band Apart & Keep Tension
2. Complete Full Circle Around Body
3. 10 Reps

# POSTURE CORRECTION



Your Posture Effects More Than You Think!

Bad Posture Strains Your Muscles & Joints, Leading to Pain, Fatigue and Reduced Mobility.

## 1. SLEEPING



- Damages Neck & Spine
- Causes Stiffness
- Long-Term Back Problems

## 2. DESK JOB



- Neck / Shoulder / Back Pain
- Causes Poor Circulation
- Reduces Lung Capacity

## 3. DRIVING



- Pain In Low Back (Sciatica)
- Wear & Tear on Knee Cartilage
- Poor Spinal Alignment