

# Movement Challenge

Movement in a "Dysfunctional" World!

## Exercises and Stretches



### Standing Side Bend

- Feet, hips, shoulders, & head touching wall
- Bend to each side
- Make sure feet, hips, shoulders & head remain touching the wall throughout movement
- It may only be a small side bend



### Wall Sit

- Weight in heels
- Shoulders & low-back touching wall
- Hold 30-60 seconds



### Foot Circles

- Stand close to wall to help with balance
- Interlace fingers & hold thigh
- Rotate foot to the outside, 20x
- Switch and rotate toward the inside, 20x



### Arm Circles

- Feet hip width apart
- Shoulder blades gently retracted together
- Start with thumbs pointing forward, circles forward, 20x
- Do 6" controlled circles
- Point thumbs back, circle backwards, 20x



### Arm & Leg Lift

- Lift opposite arm & leg
- Make sure the hips stay level
- Back straight
- Engage abdominals
- Switch leg & arm, then repeat



### Push-up

- Use a chair or desk
- Keep spine in straight line
- Elbows close to body



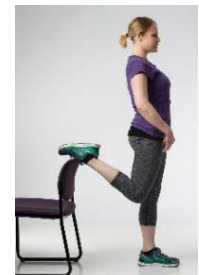
### Cat Cow

- Follow the breath as you exhale & round your back
- Inhale while looking up toward ceiling and gentle squeeze shoulder blades together



### Hip Flexor Stretch

- Put more weight into forward leg to gain more stretch
- Interlace hands on thigh as you lengthen through the spine



### Quad Stretch

- Use desk or chair
- Find your balance
- Then tilt hips forward



### Runners Lunge

- Use chair or desk for assistance
- Keep back straight
- Straighten both legs

### Hamstring Stretch

- Straighten both legs
- Flex foot on chair to get deeper stretch
- Back straight
- Hands rest on thigh

