

Movement Challenge

Movement in a "Dysfunctional" World!



CHAIR STRETCHING ROUTINE

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CHAIR STRETCHING ROUTINE

(Hold each stretch 30 seconds or longer)

1. Sit on the edge of chair to start. Place a small curve in the low-back and gently retract the shoulder blade together. Head in-line with shoulder, looking straight ahead.
2. Sit up tall as you reach your arm high and bend to both sides. Focus on lengthening through the spine as you stretch.
3. Interlace fingers and reach tall, lengthening through the spine. Extend and curve through the back, gazing up at your hands.
4. With both hands behind you, grasp onto one of your elbows and gently pull it downwards. Gently stretch the neck towards the opposite direction.
5. With hands stabilized behind you, press your chest forward to open up through the chest.
6. Sit up tall and lengthen through the spine as you gently rotate into a twist. As you exhale lengthen through the spine more. Repeat on both sides.
7. Bring one ankle over to the opposite knee. Sit up tall and you gently press the bent leg down. Repeat with other leg.
8. Eight & nine flow together and are the same as cat/cow on hands and knees. Inhale as you press the chest forward, opening up through the chest. Exhale as you round through the back, bringing your head into your chest.
9. Eight & nine flow together and are the same as cat/cow on hands and knees. Inhale as you press the chest forward, opening up through the chest. Exhale as you round through the back, bringing your head into your chest.
10. Hold onto the chair as you set yourself up for a high lunge. Make sure your knee on the forward leg does not go beyond the foot. Lift up through the hips to get a deeper stretch.
11. Fold forward through the hips, with hand stabilized on the chair. Press your upper-body through your hands. Keep your back straight.
12. Rest your legs up on a chair in a 90-degree angle. Plan hands out to a 45-degree angle with palms up.

