



MAT LEG STRETCHES

- A good routine after cardiovascular or abdominal work
- Hold each exercise for 30 seconds
- Sit on mat with legs as far apart as possible
- Spine erect
- Shoulders relaxed
- Chin up

STRETCH #1

- Clasp hands together and circle waist 10 times in each direction

STRETCH #2

- Stretch one arm over head & make opposite ear touch knee (or as close as possible).
Do each side

STRETCH #3

- Hold both legs and pull forehead to ground. Make sure knees are straight and toes are pointed to ceiling

STRETCH #4

- Bend one leg to outside of hip and place knees at a 45° angle. Place nose on knee of extended leg. Do each side

STRETCH #5

- Lie on back on the mat. Pull both heels as close to the body as possible (with soles of feet together). Allow knees to push knees down to floor without using hands.

DON'T THINK IT. JUST DO IT!!!