

HOME WORKOUT

Always make sure to check with your physician before starting an exercise program.

Cool Down

Try going for a slow 5-10-minute walk if possible before stretching. While stretching, remember to breathe throughout. Hold each stretch for 30 seconds. Go through all movements 2-3 times.

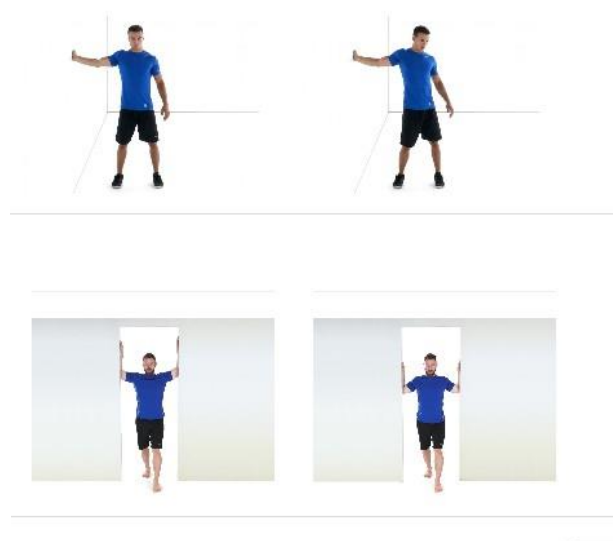
Seated Hamstring Stretch

While seated, extend one leg out in front. Bend forward and reach for the extended leg. You should feel a stretch in the back of your leg. To feel a stronger stretch, point your toes up.



Chest Stretch

Place your hand on the wall or doorway with your arm stretched out, straight or bent. Turn your body slowly in the opposite direction until you feel a gentle stretch. For another stretch, stand with your elbow bent at 90 degrees up against a doorway. Step forward so your body is slightly in front of your arm and you feel a gentle stretch in your chest.



If you have any questions about any of the workouts or exercises please contact afast@brocku.ca or sradcliffe2@brocku.ca

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Shoulder Stretch

Bring one arm across your chest. Use your other arm to pull your elbow towards your body until you feel a gentle stretch.

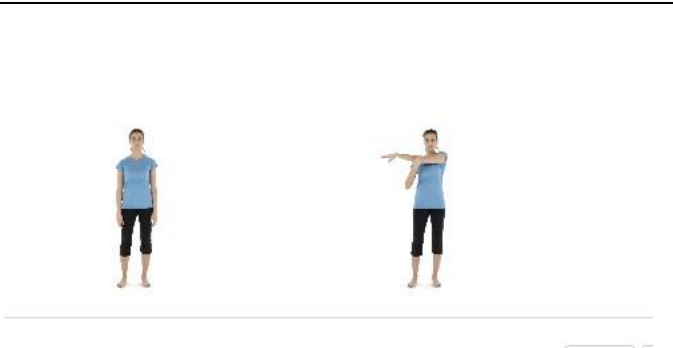
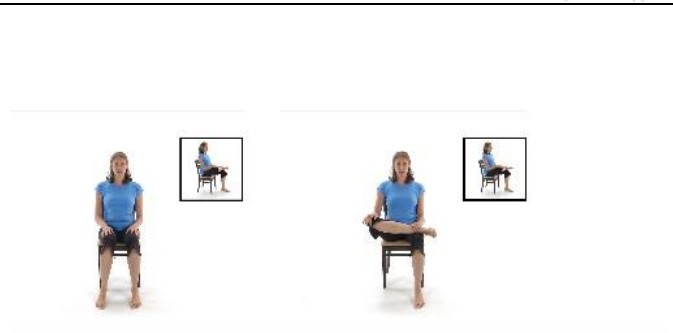


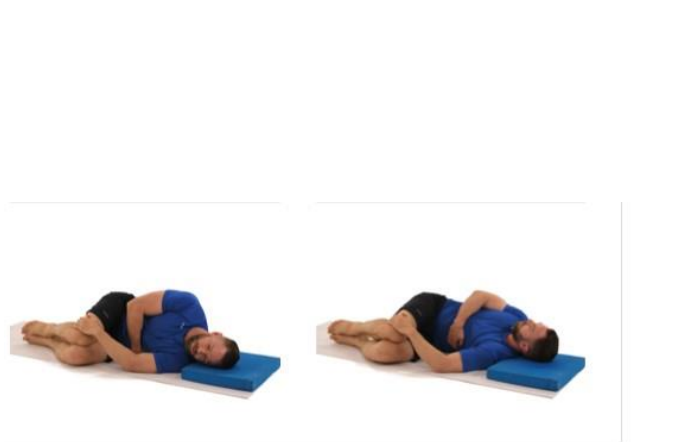
Figure-4 Glute Stretch

Sit on a chair with one leg over the other. Push down on your knee while sitting up tall until you feel a slight pull on your side by your buttock. You can lean forward slightly if needed. This exercise can be done on the floor as well.



Thoracic Stretch

Lay on your side with knees bent at 90 degrees. Grab the top knee and pull gently towards the ground as you slowly turn your torso in the opposite direction. Hold this position. If unable to do this exercise on the floor, try your bed. If you have issues with twisting, keep your back flat on the ground and move your knees side to side.



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Hip Flexor Stretch

Sit on the edge of a chair and drop your outside leg back, while keeping an upright position. You should feel the stretch in the front of your hip. To feel a stronger pull, push your hips forward without moving in the chair. This exercise can also be done on the floor with your back knee on the floor.



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