Stretching Break

you feel a stretch across - Round your back until

your back and shoulders.

Daily Physical Activity Cards

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Artturi Lehkonen #62

Upper Back Stretch

Neck Stretch

-luons anoy of abs anoy - Slowly try to touch body. arms to the sides of your shoulder width apart and - Stand with your feet

repeat on the other side

- Hold the stretch and

Stretching Break

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- Hold for 15 seconds.

across the chest and

until you feel a stretch

- Slowly lift up your arms

you and gently straighten

- Clasp your hands behind

Chest Stretch

shoulders.

your drims.



Chest Stretch

Neck Stretch

to bring your body as close - Bend forward gently, on the floor and toes front of you with your heel a chair, straighten one leg in

- Repeat with the other leg.

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Stretch Seated Hamstring

- Hold this stretch for 30 to your legs as you can. Keeping your leg straight. Iry 40 agba ant to gnittis alinw -

secouds.

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Seated Hamstring Stretch

Triceps Stretch

towards your head. The elbow and gently pull it no bnbd tagin nuoy tud elbow in the dir. behind your back with your - Place your left hand

- Hold for 15 seconds.

- Repeat with your other

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repeat on the other side.

pack and grab hold of your

- Hold the stretch and

- 210MIY bend your knee

taat nov atiw gaibnate -

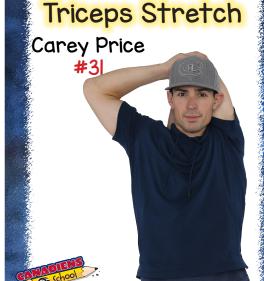
Guad Stretch

shoulder width apart.

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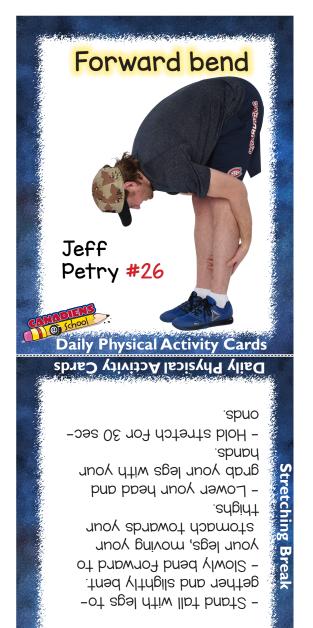
Quad Stretch

- Bring your arm across the body and place your other hand on the elbow and push towards your chest: - Keep top arm straight: - Hold the stretch 15 sectonds and repeat on the side: side: side:

Shoulder Stretch

Max Domi

#13



Forward bend



llimbniW

left hand the waist as you lower your straight, bend and twist at - Keeping your arms and your arms out to your much wider than your hips - Stand with your feet out

towards your right foot.

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toof the rounds your left foot. and repeat with the right - Return to starting position

Hold for 15 seconds.

