STRETCH #1
NECK ROTATION

- START FACING STRAIGHT FORWARD AND WITH YOUR ARMS AT YOUR SIDE
- KEEP ARMS RELAXED AND SHOULDERS WIDTH APART
- TURN YOUR NECK SO THAT YOUR CHIN MOVES TOWARDS YOUR SHOULDER
- HOLD FOR BETWEEN 10-15 SECONDS
- SLOWLY LIFT HEAD UP AND DOWN
- HOLD FOR 10-15 SECONDS

KEY POINTS

- KEEP SHOULDERS DOWN/DEPRESSED

STRETCH #2
POSTERIOR (OUTSIDE) SHOULDER STRETCH

- STAND UPRIGHT AND PULL ONE ARM ACROSS YOUR BODY (KEEP SHOULDERS DOWN/DEPRESSED)
- USING THE OPPOSITE ARM, HOLD THE ELBOW OF THE ARM BEING STRETCHED TOWARDS THE OPPOSITE SHOULDER
- HOLD FOR BETWEEN 10-30 SECONDS

KEY POINTS

- KEEP ELBOW LOCKED

VARIATIONS

- USE A WALL, POLE OR PILLAR (STRETCH MUST BE
- CONDUCTED WITH POLE OR PILLAR AT HEIGHT LEVEL)

STRETCH #3
ANTERIOR (INSIDE) SHOULDER STRETCH

- STAND UPRIGHT WITH THE BACK STRAIGHT
- CLASP YOUR HANDS BEHIND YOUR BACK
- KEEP SHOULDERS DOWN
- SLOWLY LIFT YOUR HANDS AWAY FROM YOUR BACK AND UP TOWARDS THE CEILING
- HOLD FOR BETWEEN 10-30 SECONDS

KEY POINT(S)

- KEEP HEAD AND SPINE IN ALIGNMENT, GAZE SHOULD GO WHERE YOUR HEAD GOES.

VARIATIONS

- PLACE THE PALMS OF YOUR HANDS ON YOUR LOWER BACK
- KEEP SHOULDERS DOWN
- SLOWLY TRY TO BRING YOUR ELBOWS TOGETHER BEHIND YOUR BACK

KEY POINT(S)

- KEEP HEAD AND CHEST UP

STRETCH #4
STANDING GROIN STRETCH

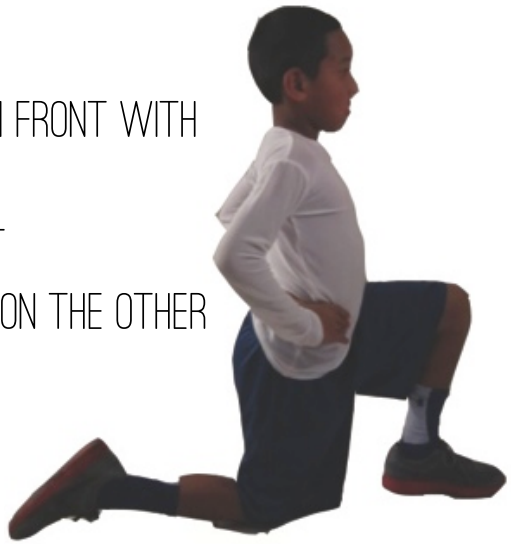
- STAND WITH YOUR FEET COMFORTABLY WIDE APART AND KNEES STRAIGHT
- KEEPING BOTH FEET FLAT, BEND THE RIGHT KNEE AND LEAN TO THE RIGHT
- HOLD FOR BETWEEN 10-30 SECONDS
- REPEAT THE STRETCH ON OTHER SIDE

KEY POINTS

- MAKE SURE KNEE, ANKLE AND FOOT ARE IN LINE
- IF LEANING TOO FAR FORWARD, PUSH YOUR BUTT BACK
- KEEP FEET FLAT AND BUTT BACK

STRETCH #5
HIP FLEXOR STRETCH

- KNEEL WITH ONE KNEE ON THE FLOOR AND THE OTHER FOOT IN FRONT WITH THE KNEE BENT
- PUSH YOUR HIPS FORWARD WHILE KEEPING THE BACK UPRIGHT
- HOLD FOR BETWEEN 10-30 SECONDS & REPEAT THE STRETCH ON THE OTHER SIDE



KEY POINT(S)

- KEEP BACK STRAIGHT

VARIATIONS

- TAKE A COMFORTABLE BIG STEP FORWARD AND BEND AT THE KNEE
- KEEP BACK FOOT STRAIGHT AND PUSH YOUR HIPS FORWARD WHILE KEEPING THE BACK UPRIGHT
- HOLD FOR BETWEEN 10-30 SECONDS & REPEAT THE STRETCH ON THE OTHER SIDE

KEY POINT(S)

- KEEP THE BACK FOOT STRAIGHT
- KEEP HEAD AND CHEST UP

STRETCH #6
STANDING QUADRICEPS STRETCH

- STAND ON ONE LEG AND PULL THE OTHER FOOT UP BEHIND YOUR BOTTOM
- TRY TO KEEP YOUR KNEES TOGETHER AND PUSH YOUR HIPS FORWARD TO INCREASE THE STRETCH
- HOLD FOR 10-30 SECONDS
- REPEAT ON THE OTHER SIDE

KEY POINT(S)

- KEEP HEAD AND CHEST UP
- STAND UPRIGHT

VARIATIONS

- HAND OUT FOR BALANCE
- SITTING DOWN

STRETCH #7
HAMSTRING STRETCH

- TAKE A BIG STEP TO ONE SIDE
- SLOWLY BEND OVER TOWARDS YOUR RIGHT ANKLE
- HOLD FOR 10-30 SECONDS
- SWITCH OVER TO THE LEFT AND PULL YOUR WEIGHT TOWARDS YOUR LEFT ANKLE
- HOLD FOR 10-30 SECONDS
- SLOWLY COME BACK UP

KEY POINT(S)

- KEEP YOUR KNEES LOCKED AND JUST GO DOWN AS FAR AS COMFORTABLE FOR YOU

VARIATIONS

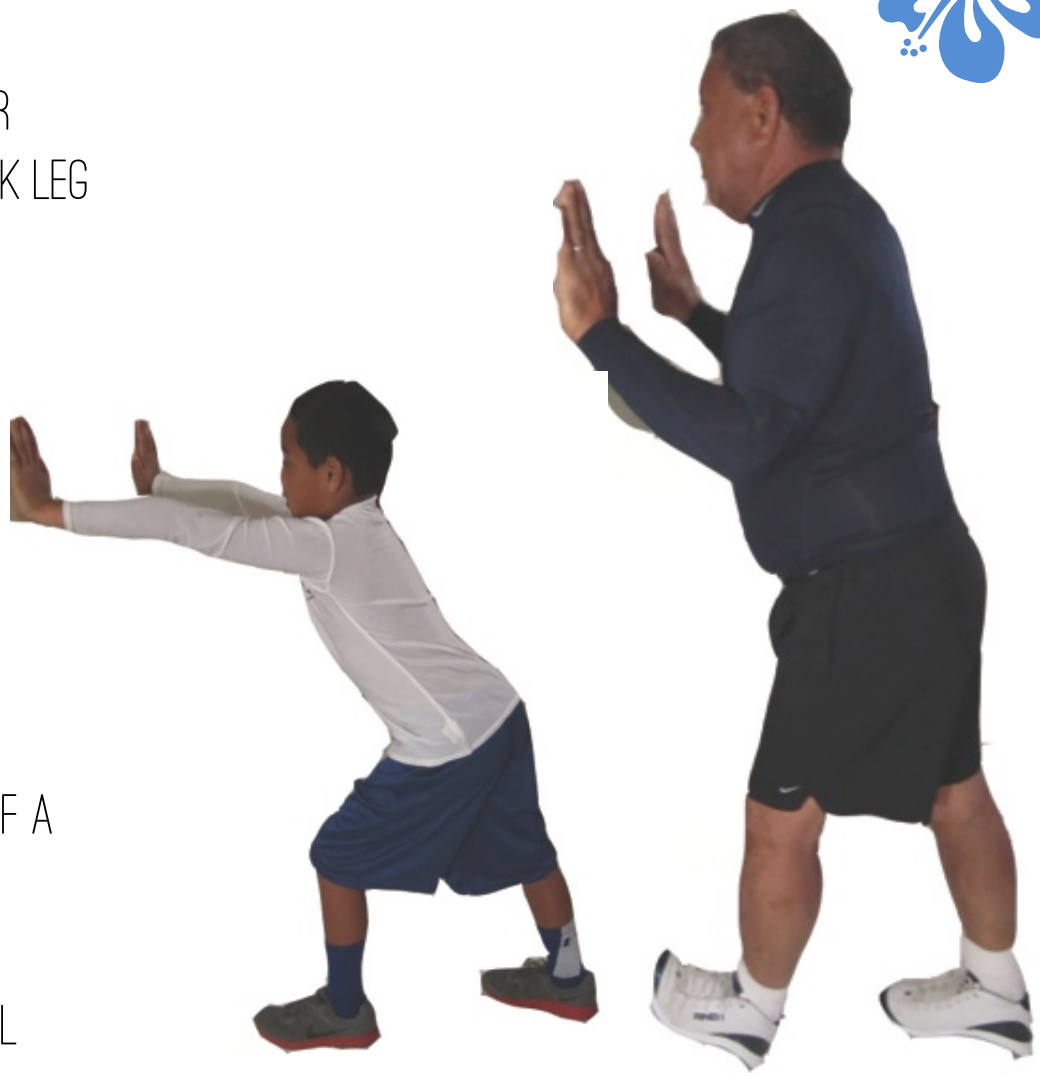
- LOCK YOUR KNEES AND BEND DOWN AS FAR AS YOU CAN WITHOUT BENDING THE KNEES

KEY POINT(S)

- KEEP BACK FLAT & HEAD DOWN, GAZE SHOULD FOLLOW WHERE THE HEAD GOES

STRETCH #8
CALF STRETCH

- STAND WITH ONE LEG FAR IN FRONT OF THE OTHER
- KEEP THE BACK HEEL FLAT ON THE FLOOR
- BEND THE FRONT LEG AND KEEP THE BACK LEG STRAIGHT
- HOLD FOR BETWEEN 10-30 SECONDS
- REPEAT ON OTHER SIDE



KEY POINT(S)

- KEEP BACK LEG STRAIGHT

VARIATIONS

- PERFORM THE SAME STRETCH IN FRONT OF A WALL
- PLACE YOUR HAND ON THE WALL, LEAN FORWARDS AND PUSH AGAINST THE WALL

STRETCH #9
8 COUNT BREATHING

- STAND STRAIGHT WITH YOUR ARMS AT YOUR SIDES
- TAKE A SLOW 4 COUNT INHALE LIFTING YOUR ARMS ABOVE YOUR HEAD
- REACH AS HIGH AS COMFORTABLE
- TAKE A SLOW 4 COUNT EXHALE BRINGING YOUR ARMS BACK TO YOUR SIDES
- REPEAT 3 TIMES

WINCART
Weaving an Islander Network for Cancer Awareness Research and Training