**DAILY STRETCHES**

**NECK**
- **Rotation**
  - Slowly turn your head to the left and back to the center 10 times. Then repeat on the right side.
- **Lateral Flexion**
  - Slowly take your ear towards your left shoulder. You should feel the stretch in the right side of your neck. Hold for 10 seconds and repeat on other side.
- **Flexion**
  - Slowly take your chin towards your chest until you feel a stretch in the back of your neck. Hold for 10 seconds.

**SHOULDER**
- **Rolling Mobility**
  - Slowly roll your shoulders in a circle, repeat 10 times. Now roll your shoulders the other way & repeat 10 times.
- **Pecs/Upper Back**
  - Hold your shoulders down and back. Clasp your hands behind your back and stick your chest out. Hold for 10 seconds.
- **Internal & External Rotation**
  - Tuck both elbows by your side and bend at 90°. Keeping elbows tucked in, take your hands out to the side at a 45° angle and in until your fingertips touch. Repeat 10 times.

**ARMS & HANDS**
- **Elbow Flexion & Extension**
  - Bend your arms at the elbows, take palms upwards towards the face, now lift palms over and take palms down towards the floor. Repeat 10 times.
- **Wrist Flexion**
  - Keeping your right elbow straight and make a loose fist with your right hand. Use your left hand to bend your wrist forward. Hold this for 10 seconds. Repeat with your left hand.
- **Wrist Extension**
  - Keeping your right elbow straight, use your left hand to bend your right wrist backwards, keeping your fingers straight. Hold for 10 seconds. Repeat with your left hand.

**BACK**
- **Pecs/Upper Back**
  - Hold your shoulders down and back. Clasp your hands behind your back and stick your chest out. Hold for 10 seconds.
- **Lateral Flexion**
  - Place your right hand on your hip, with the left by your side. Now slowly lean to the left. You should feel it in the right side. Hold for 10 seconds & repeat on the other side.
- **Pelvic Mobility**
  - Stand tall, lift your pelvis backwards and forwards. Repeat 10 times. When you rock forward your lower back curve should increase and when you rock backwards the curve should decrease.

**LEGS**
- **Quadiceps**
  - Bend your right leg up towards your buttocks, hold it with your right hand for 10 seconds, now repeat on your left side.
- **Hamstrings**
  - Take a half step forward. Make sure both feet are pointing forwards and both knees slightly bent. Now lean forward from your hips, keeping your back straight and place your hands on the front leg. Hold for 10 seconds. Repeat with your other leg.
- **Calves**
  - Place one leg in front of the other. Now bend your front knee. Hold this for 10 seconds, keeping both feet flat on the floor. Now repeat with your other leg forward.