

WORKOUT AT HOME

TOTAL BODY STRETCH



This week's goal: Do each exercise in sequence in this Total Body Stretch daily.

Add a daily 20-30 minute brisk walk for cardio, and strength training on any 3 non-consecutive days.

Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Do each stretch for 30 seconds.

1. Front Neck Roll



Start by standing up tall with your shoulders back and relaxed. Slowly tilt your head to one side to bring your ear toward your shoulder. Make sure you do not shrug your shoulders up toward the ears. From here slowly roll your head down the front of your body and make your way toward your other shoulder. Once you are there, slowly roll back down the front of your body back to the other side.

2. Chest Stretch



Take your hands behind your back and interlace your fingers. Pull your shoulders back and down, lift your chin up toward the ceiling. Take deep breaths and hold this position.

3. Upper Back Stretch



Take your hands in front of you and either touch your palms together or interlace your fingers. Press the palms out, push your hands away from your body and tuck your chin in toward your chest. Hold this position.

4. Shoulder Stretch



Stand tall and bring one arm across your chest. Bring your other arm up to meet it below the elbow, hugging the straight arm close to the chest. Hold this position for 30 seconds, and then switch arms.

5. Triceps Stretch



Take one arm up over your head and bend at the elbow, reaching your hand down your back. Bring your other arm up to hold the elbow. Pull back on the elbow to feel the stretch in your triceps within your range of motion. Hold for 30 seconds and repeat on the other side.

6. Achilles Stretch



Stand up straight facing a wall. Place your hands on the wall for stability and take a short step back with one foot. Make sure your back foot has the heel planted and then bend your front leg until you feel the stretch in the Achilles tendon (below the calf) of the straight leg. Hold for 30 seconds and switch legs.

7. Quadriceps Stretch



While standing, bend one knee behind you and hold onto that ankle with the arm on the same side. Pull your ankle/foot back within your range of motion until you feel the stretch in your quad. Use your other hand to hold onto a chair/wall for stability if necessary. Hold for 30 seconds and switch legs.

8. Butterfly Stretch



Start sitting and bring your heels together to touch. Once your heels are touching, try to pull them in toward you while also bringing your knees toward the floor to the best of your ability. Remember to sit up tall and avoid hunching your spine.

9. Glute Stretch



Lie on your back. Bring one leg up toward your chest while the other remains straight on the floor with the foot flexed. Hold on to the knee or behind it. Pull your leg toward the chest until you feel the stretch in your glutes. Hold for 30 seconds and repeat on the other leg.

Still feeling tense? Repeat these exercises 1-2 more times.

Go to this link to follow along with the workout video: [TOTAL BODY STRETCH](#)