













[Print](#)

BLISS Body Makeover - Stretching Sheet

Take the Warrior stance, draw up the Universal energy. Hold each stretch for 15-30 seconds. Breathe, relax, enjoy!

Exercise				Manual-Notes (if any)
 <p><u>Shoulder Roll</u></p> <p>Trainer's comments: Roll the shoulders forward, up, back and down, one big circle, nice and slow.</p>	Sets	Reps	Weight/ Resistance	
 <p><u>Posterior Capsule Rear Delt Stretch</u></p> <p>Trainer's comments: Hand on opposite elbow, making sure to keep shoulder socket against body. Pull across gently.</p>	Sets	Reps	Weight/ Resistance	
 <p><u>Chest Stretch</u></p> <p>Trainer's comments: Focus on pulling your elbows back. Open up!</p>	Sets	Reps	Weight/ Resistance	
 <p><u>Lateral Side Bend</u></p> <p>Trainer's comments: Seated or standing, bend side to side. Rotate and twist side to side also.</p>	Sets	Reps	Weight/ Resistance	

	<p><u>Standing quad stretch</u></p> <p>Trainer's comments: Keep your knee against the other leg, and pull your foot toward your butt.</p>	<table border="1"> <thead> <tr> <th>Sets</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Sets		<table border="1"> <thead> <tr> <th>Reps</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Reps		<table border="1"> <thead> <tr> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Weight/ Resistance		
Sets											
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	<p><u>Single Leg Hamstring Stretch</u></p> <p>Trainer's comments: One foot in groin, other straight out, bend from the back and pull chest (not head) to shin.</p>	<table border="1"> <thead> <tr> <th>Sets</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Sets		<table border="1"> <thead> <tr> <th>Reps</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Reps		<table border="1"> <thead> <tr> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Weight/ Resistance		
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	<p><u>Seated Toe Touch</u></p> <p>Trainer's comments: As shown, toes pointed up. If you have lower back issues, bend one knee up and do one leg at a time.</p>	<table border="1"> <thead> <tr> <th>Sets</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Sets		<table border="1"> <thead> <tr> <th>Reps</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Reps		<table border="1"> <thead> <tr> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Weight/ Resistance		
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	<p><u>Pretzel Twist</u></p> <p>Trainer's comments: Keep hips squared. Look over opposite side of body.</p>	<table border="1"> <thead> <tr> <th>Sets</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Sets		<table border="1"> <thead> <tr> <th>Reps</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Reps		<table border="1"> <thead> <tr> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td> </td> </tr> </tbody> </table>	Weight/ Resistance		
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 <p><u>Butterfly Stretch</u></p> <p>Trainer's comments: Let knees drop away naturally, don't force them down!</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance							
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 <p><u>Single Leg Stretch1</u></p> <p>Trainer's comments: Hug one leg at a time to your chest. Ensure other leg is flat against the ground.</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>30</td> <td></td> </tr> <tr> <td>2</td> <td>30</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1	30		2	30		
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1	30										
2	30										
 <p><u>Glute/Piriformis Stretch</u></p> <p>Trainer's comments: Key: Let held knee drop away, or gently push away from body with your hand.</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance							
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 <p><u>Prayer Stretch</u></p> <p>Trainer's comments: Pull hips back to get a stretch.</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance							
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