













[Print](#)

Best Shape Stretches - Whole Body

Hold each stretch for 20-30 seconds, repeat 2 times. Stretch into 'tightness' zone, don't overdo it into pain zone.
Too much will cause you to shorten the muscle's length in response to too much stress.

Exercise					Manual-Notes (if any)
	<u>4-way neck rotation</u> Trainer's comments: Roll to front, side and back, slowly and controlled. Look over your shoulder too!	Sets	Reps	Weight/Resistance	
	<u>Neck Rotation</u> Trainer's comments: Look over your shoulder.	Sets	Reps	Weight/Resistance	
	<u>Shoulder Roll</u> Trainer's comments: Roll the shoulders forward, up, back and down, one big circle, nice and slow.	Sets	Reps	Weight/Resistance	
	<u>Chest</u> Trainer's comments: Grab your hands behind your back, pull up while stretching and opening chest.	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>	<table><tr><th>Sets</th><th>Reps</th><th>Weight/ Resistance</th></tr><tr><td colspan="3"></td></tr></table>	Sets	Reps	Weight/ Resistance				
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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><tr><th>Sets</th><th>Reps</th><th>Weight/ Resistance</th></tr><tr><td colspan="3"></td></tr></table>	Sets	Reps	Weight/ Resistance				
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	<p><u>Seated Toe Touch</u></p> <p>Trainer's comments: As shown, toes pointed up.</p>	<table><tr><th>Sets</th><th>Reps</th><th>Weight/ Resistance</th></tr><tr><td colspan="3"></td></tr></table>	Sets	Reps	Weight/ Resistance				
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	<p><u>Pretzel Twist</u></p> <p>Trainer's comments: Keep hips squared.</p>	<table><tr><th>Sets</th><th>Reps</th><th>Weight/ Resistance</th></tr><tr><td colspan="3"></td></tr></table>	Sets	Reps	Weight/ Resistance				
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<p><u>Butterfly Stretch</u></p> <p>Trainer's comments: Let knees drop, dont' force them down!</p> 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></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.</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> <tr> <td colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1	30		2	30					
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2	30													
<p><u>Glute/Piriformis Stretch</u></p> <p>Trainer's comments: Key: Let suspended knee drop away, or gently push away from body.</p> 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></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 colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance										
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