

Pre-Walk Stretch Routine

* Hold each stretch for about 15 seconds. Breathe between each stretch

1. Standing Lunge

- Stand close to the chairs
- Take a big step back. Bend your front knee
- Make sure your back heel is up



2. Calf Stretch

- Take one regular sized step backwards
- Push your hips back & lift your front toe
- Bend your back knee. Try to keep your back straight



3. Back Straight

- Take two steps backward
- Push your hips back as far as possible
- Bend your knees & look down



4. Standing Cobra

- Tuck your hips forward
- Stretch your abs up & lift your chest
- Look up



5. Star

- Stand behind the chair
- Walk your feet apart as far as possible
- Stretch your arms apart making a star (not shown)

