

Everyday Stretches

Approximately 10-15 Minutes

Use these everyday stretches to fine-tune your muscles. This is a general routine that emphasizes stretching and relaxing the muscles most frequently used during the normal day-to-day activities.

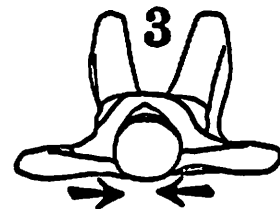
In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular *rigor mortis* sets in. If you can set aside 10-15 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.



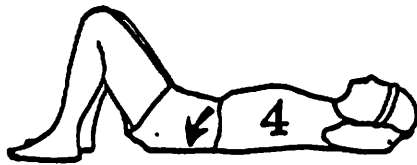
5 times
each direction
(page 89)



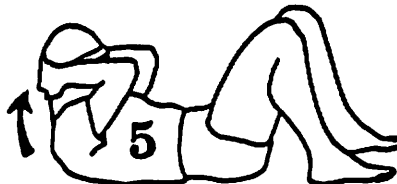
20 seconds
(page 24)



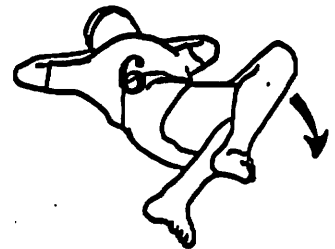
shoulder blade pinch
2 times
5 seconds each
(page 26)



flatten lower back
2 times
5 seconds each
(page 27)



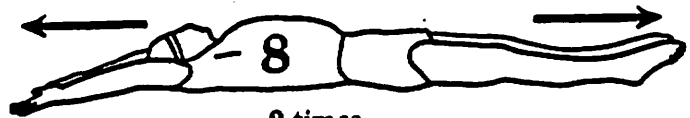
3 times
5 seconds each
(page 25)



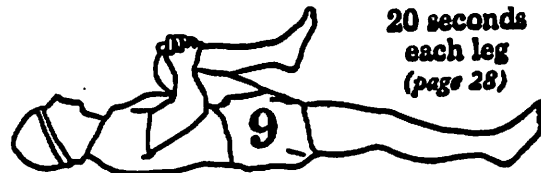
20 seconds
each side
(page 24)



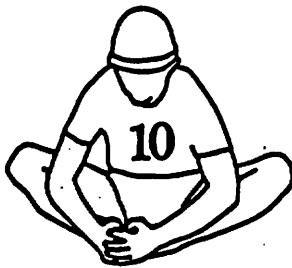
20 seconds
each side
(page 29)



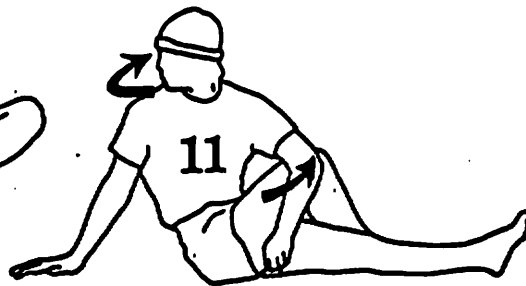
2 times
5 seconds each
(page 28)



20 seconds
each leg
(page 28)



30 seconds
(page 56)



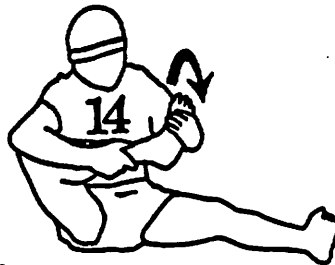
10 seconds
each side
(page 59)



30 seconds
each leg
(page 33)



20 seconds
each leg
(page 36)



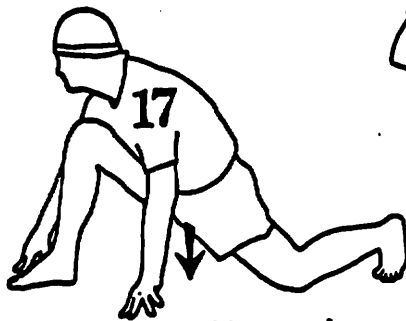
10 times
each direction
(page 31)



30 seconds
each foot
(page 31)



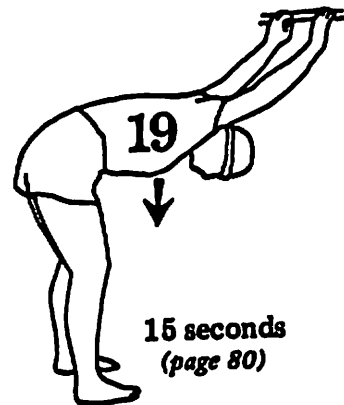
15 seconds
each leg
(page 47)



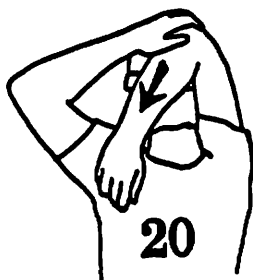
20 seconds
each leg
(page 48)



25 seconds
each leg
(page 71)



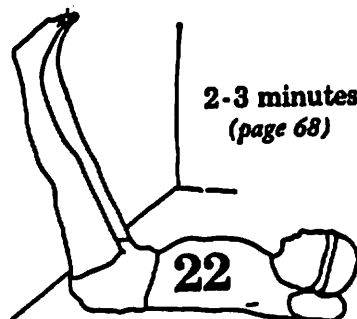
15 seconds
(page 80)



10 seconds
each arm
(page 41)



10 seconds
(page 44)



2-3 minutes
(page 68)