



# STANDING STRETCHES

**'Physical activity – You only have to take it regularly, not seriously!'**

Begin all exercises with your feet shoulder width apart with equal weight on both feet

## THE BANANA SIDE STRETCH



20 SECONDS X2

- 1 Place one arm above your head and the other alongside your body
- 2 Slide the lowered arm down your leg towards your knee. This should create a long, and short side of your body
- 3 Create an arc with the raised arm.

## ONE LEGGED FLAMINGO QUADRICEPS STRETCH



20 SECONDS X2

- 1 Transfer your weight to one leg, bending the other leg behind you
- 2 Grip the bent leg at the ankle with the same side arm
- 3 Keeping your knees together, stand tall.

*MODIFICATION: If unable to grip the ankle, place the foot on an object behind you at the appropriate height e.g. chair.*

## THE WILTING WILLOW FULL BODY STRETCH



20 SECONDS X2

- 1 Raise both hands above your head then slowly curl your chin into your chest, whilst moving your arms towards the ground
- 2 Keeping your legs slightly bent, continue to roll your spine down to the ground as though you are forming an upside down 'U' with your body
- 3 Keep your weight distributed between your toes and heels
- 4 Once you reach as low as you can go, allow your body to hang freely then slowly reverse this movement back to the standing position.

## REACH FOR THE SKY UPPER BODY STRETCH



20 SECONDS X2

- 1 Raise both hands above your head and reach up towards the sky as high as possible until you feel a stretch in your whole body
- 2 If comfortable, transfer your weight to your toes.

## THE HITCHHIKER CHEST STRETCH



20 SECONDS X2

- 1 Begin with feet shoulder width apart then raise your arms to form a letter 'T' and point your thumbs up to the sky
- 2 Squeezing your shoulder blades together, decrease the distance between the backs of your hands behind your body, keeping your chest tall.

## THE STRIDER CALF STRETCH



20 SECONDS X2

- 1 Transfer weight to one leg and step the other leg backwards, behind you
- 2 Lower the heel of the back leg to the ground
- 3 Slightly bend the front knee whilst keeping the back leg straight.

## THE ROCK BACK STRETCH



20 SECONDS X2

- 1 Slightly squat, and place your hands on your knees
- 2 Tuck your chin into your chest, and curl your back upwards toward the sky creating a hump.

*MODIFICATION: To increase this stretch either cross your arms or place your elbows on your knees.*

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