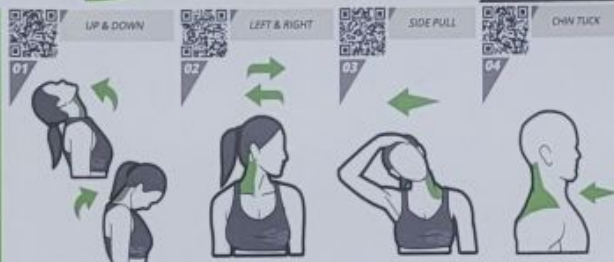


NECK



Maintain good posture; imagine a string attached to the top of your head pulling you up.

SHOULDERS



Push chest out. Pull side-end downwards.

Lift hands up. Stick chest out.

Look in direction of extended hand. Bend supporting arm to intensify stretch.

CHEST



Gently pull elbows back while breathing in.

Reach higher or lower to change the angle of the stretch.

Keep your arms straight.

BACK



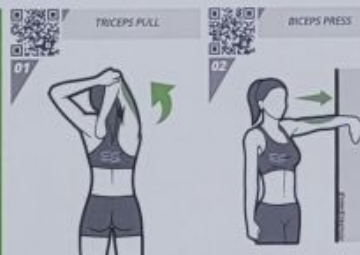
Stand up straight and don't lean forward or backward.

Tuck chin in. Round out shoulders.

Step back and around to intensify the stretch.

Gently straighten your legs.

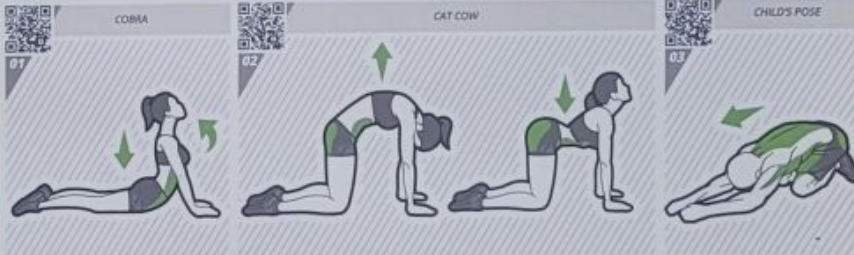
ARMS



Stand up straight and don't lean forward or backward.

Point faces up. Fingers face down. Turn away to intensify.

CORE



Focus on length; extend legs back, hands pull you forward.

Sync breath to movement: breathe in when looking up, breathe out when curling up and looking down.

Reach fingertips forward. Rock hips side to side.

HIPS



Hold on to something to keep your balance and lift yourself up and down.

Keep a tall spine. Chest up. Drive knees outward.

Keep feet flat on the floor and your knee straight.

HIPS



Tilt pelvis posterior by engaging glutes and hamstrings.

Flex front foot. Press back through back leg.

To intensify use elbow to push knee towards floor.

HIPS



Pull abdominals inward. Gently lean forward.

Open feet wider than the knees.

Keep your back leg straight.

LEGS - FRONT



Keep spine straight. Chest pushed slightly upwards.

Start sitting up straight. Intensify by leaning back.

Use mat or towel under your knee. Squeeze glute.

LEGS - BACK



Engage muscles in front side of body. Bend knees if difficult. Straighten legs to intensify.

Keep back straight. Lean forward and pivot from hips.

Keep front foot flexed. Don't round your back.

Keep a tall spine.

CALVES



Try changing the angle of the backward heel.

Push hips towards wall.

EXERCISE INSTRUCTIONS / QR CODES

The QR codes (the matrix of dots) on the exercise materials are links to exercise instructions and/or videos that will help you to execute the exercise correctly.

Scan the QR codes with your phone and you'll see a notification to confirm that you want to visit www.everstretch.com. Please confirm and your browser will open the link and lead the instructions for the exercise.

To learn how to scan QR codes, please go to <https://www.everstretch.com/qr-codes/>

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HOW TO USE

WITH AEROBIC EXERCISE: Hold stretches for at least 2 seconds (or recommended 30-60s, or longer). Repeat 10-15 times for better results.

Static - After workout: Stretch statically for 3-10 minutes. All work - Stretch statically for as long as you feel like. Rehearsal - Stretch your body or therapist.

CLASSIC ROUTINES: Select a few stretches from each group for today's workout. Keep moving gently into and out of the stretch (do not bounce) for 30s.

POST WORKOUT BEGINNER: Hold stretch for 30s, 3-5s rest, repeat 2-3x. POST WORKOUT ADVANCED: Hold stretch for 60s, 15s rest, repeat 3x (or more).

SAFETY TIPS

- Warm up prior to stretching.
- Stretch slowly and gently with full control over all movements.
- Don't stretch injured or damaged soft tissue.
- Listen to your body. Stop when you feel unexpected pain.
- Stretching always is a bit uncomfortable, but should not be painful and you'll need to learn to distinguish between regular healthy discomfort and discomfort that will lead to injury. When in doubt, don't push any further.
- Balance exercises: These often require more balance or are more difficult to perform in another way. Skip these until you're completely comfortable with the other exercises.

STRETCHING TIPS

- Breathe into the stretch. Sustain the stretch in every exhale.
- Hydrate. Proper hydration improves results from stretching.
- Focus on how you'll feel. For most the act of stretching is uncomfortable, but almost everybody feels better after doing some stretches. Try to focus on this when in discomfort.
- Rollback. Instead of starting at your lower in pain, reflect on how your workout went. What went well? What can you improve next time? Or before your workout, reflect on the intended result from your workout.