Be Well Fitness
Personal Training · Nutrition Counseling · Life Coaching

5-minute Stretch Routine

Huggers: Swing arm back and forth across your body as if you were hugging yourself. 15-20x

Rotations: As if you were holding a big beach ball in front of you, twist left and right. Go slowly and feel the stretch. 10x each side.

Arm Circles: Perform arm circles out to your sides with straight arms. Large and small circles and each direction.

Shoulder shrugs: Shrug your shoulders forward 5-8 times and backwards 5-8x.

Side bends: Raise one arm up and bend to the side. Reach for the floor with the other hand. Hold 15 seconds & 2x each side.

Leg side stretch: With a wide stance, shift weight from side to side. One leg bent and one leg straight. 5-8x each side.

Calf Stretch: While facing a wall and about 2 feet away, place hands on wall at shoulder height. Step one leg back and keep that heel on the ground. Lean into wall until you feel a stretch in you calf and hold 15 seconds. 2x each leg.

Leg swings: Holding onto a chair or wall, swing each leg in front (left & right) of you 10x. Then swing forwards & backwards 10x.

Arm Band: Hold stretchy band in front with straight arms. Pull apart and keep arms straight
Repeat with band behind you. 10x each

Calf Raises: Hold on for support and do calf raises 10x. Switch to single leg and 5x each.