

# COACH HALEY'S STRETCHING GUIDE

Use this stretching guide to warm up and stretch before performing any physical activity. Stretching is very important to get our muscles warm and loose before exercising!

1. Stand up straight, legs straight, and reach as high as you can with your arms directly beside your head.
2. Reach forward and try to touch your toes with your feet together, and legs straight! This stretches your back.
3. Make an X with your body, both arms and legs apart and straight, and then reach to your right foot. Keep your legs STRAIGHT! This stretches your hamstrings and arms.
4. Make an X with your body, both arms and legs apart and straight, and then reach to your left foot. Keep your legs STRAIGHT! This stretches your hamstrings and arms.
5. Take your right arm and pull it across your chest with your left arm. This stretches your right bicep and shoulder.
6. Take your left arm and pull it across your chest with your right arm. This stretches your left bicep and shoulder.
7. Stand on your left foot and pull your right foot back behind you, bent at the knee, with your right arm. This stretches your right thigh.
8. Stand on your right foot and pull your left foot back behind you, bent at the knee, with your left arm. This stretches your left thigh.