

Sit ups



Push ups



Bridge



Sitting + touching toes



Standing leg stretches -  
runners stretch



Stay in the  
up - Push up  
Position



Butterfly  
only wings out



Arm Circles



STRADDLE  
Stretch from  
Stand.



Side Stretches



Hold hands  
behind back



Push up  
Salutes



Standing  
Ankle stretches  
(Toes, heels)



Shoulders  
up and down



Backward  
Swimming  
Stroke  
arms

Long sitting-  
reach for  
toes - sit +  
reach

