

Total Body Stretch: Standing

1. Two-arm Overhead
2. Lateral Flexion
3. Single-arm behind the head
4. Single-arm across the chest
5. Hands clasp behind back
6. Forward roll with hands clasp behind back
7. Thumb to middle of back
8. Torso Flexion/Extension
9. Straight leg forward roll(feet together/feet apart)
10. Lateral Lunge
11. Squat stretch
12. Squat stretch to forward roll(hands on ground with elbows into knees)
13. Push-up position to back extension (cobra)
14. V-stretch(heels to floor)
15. Split Squat(right side/left side)
16. Repeat V-stretch
17. Forward Roll
18. Single Leg Quad Balance Stretch
19. Triangle and Reverse Twisting Triangle
20. Neck Series
21. Arm Circles