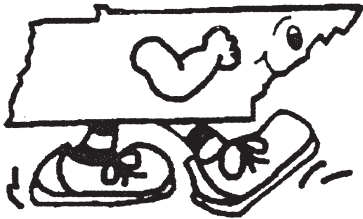
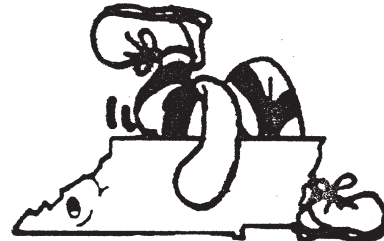


Sample Stretches

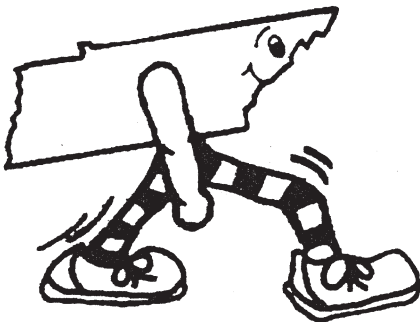
WARMING UP AND COOLING DOWN



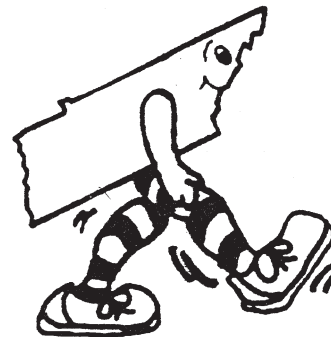
Walking for 5 minutes at a slow pace.



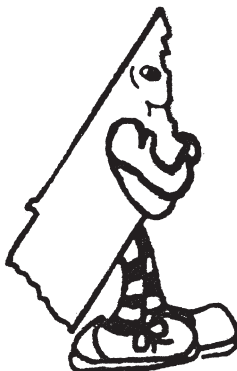
Lying bent leg hamstring stretch. Do three for each leg. Hold each for 10 seconds.



Hip lunge for front of hip. Do three for each leg. Hold each for 10 seconds.



Standing hamstring stretch with your heel on the ground and your toes pointed up. Do three for each leg. Hold each for 10 seconds.



Body hug to stretch your upper back. Do three times. Hold each for 10 seconds.



Lower back stretch. Do three times. Hold each for 10 seconds.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

