



# Yoga-Inspired Stretching Routine

Do the following basic routine in the morning before a workout and after most workouts. It takes only about 6-10 minutes.

- Stand with hands at chest (Namaste).
- Reach both hands wide then overhead. Stretch up, flat footed, head looking up.
- Bring hands down stretched to sides into forward bend, hold for a solid threeto four deep breaths.
- Bring hands out to sides and raise back to a flat back, head up, back parallel to floor, legs straight. Hold for one to two breaths.
- Go back down to forward bend for two to three breaths.
- Go to push-up/plank position. Hold for one to two breaths.
- Move to upward dog for two to three breaths.
- Move back to push-up/plank position.
- Move to downward dog for six to eight deep breaths.
- Back to push-up/plank position.
- Move to standing forward bend, hold for two breaths.
- Move from forward bend, take arms wide to above head for overhead stretch. Hold for one breath.
- Back to Namaste, standing with hands at chest.

Repeat this at least three times. Takes 6-8 minutes.

## Then do Standing Side Stretch:

- Stand at Namaste, hands at chest.
- Bring both arms above head, looking at hands.
- Move one arm to side and let it hang.
- Move arm over head slightly over the other side of your head while looking up.
- Bend hip (that arm is raised) outward.
- Stretches your whole side and lower back, shoulder area.
- Hold for five breaths.
- Move both arms above head.
- Repeat on other side.

## Finish with IT band stretch... Pigeon Toe Stretch on each leg.

If you do this along with push ups, crunches, pull ups then it all takes less than 20 minutes. If you break it up throughout day it takes no time at all.

If you have questions, let me know.