DAILY MOVEMENT PROGRAM



WHY DO WE STRETCH?

According to research, utilizing a stretching and mobility program a minimum of 10 minutes a day, twice a week, for 12 weeks significantly improves mental health, physical function, bodily pain, and vitality. The following movements can be performed at home or in your office at work.

ADDUCTOR HIP STRETCH:

5 times on each limb











ANKLE MOBILITY: 5 times on each limb











CANYONRANCH.

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HIP FLEXOR STRETCH:

5 times on each limb











WORLD'S GREATEST STRETCH:

5 times on each limb











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