

Flexibility Basics *for working at home*

“Stay committed to your decisions but stay flexible in your approach.” ~Tony Robbins

Information

- These exercises can be done throughout the day. The idea is to relax during the stretch; do no force.

Seated Drills

The Cat-Camel

- While seated firmly in a chair (or on a desk), slide forward slightly so that the feet are firmly planted on the floor.
- Exhale and press the palms together in front of you while arching the back towards the back of the chair to stretch.
- Inhale and extend the arms away from you and to the rear (like a morning stretch) arching the chest forward.
- Repeat for a total of 10

The Twist

- While seated firmly in a chair (or on a desk), slide forward slightly so that the feet are firmly planted on the floor.
- Exhale and twist gently to the left to look behind you. You may press down onto the legs or grip the frame of the chair behind you to add support.
- Inhale to bring yourself to center.
- Repeat on the other side for a total of 10 on each side.

The Sit-Stand

- While seated firmly in a chair (or on a desk), slide forward slightly so that the feet are firmly planted on the floor.
- Lean forward while keeping a straight spine as if the chest is being pulled forward by a string and allow a gentle stretch in the lower back.
- Lean forward until the weight transfers off your chair and firmly onto your feet and then stand up.
- At the top of the standing motion, squeeze the glutes and press the hips forward briefly then relax.
- Slowly sit backward until you can safely sit back onto the chair.
- Repeat for a total of 10.

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Standing Drills

The Hack Squat

- Hold onto a chair, desk, or wall so as not to lose your balance
- Slowly lower yourself into a squat while staying on the toes and maintaining balance.
- Slowly stand back up all the way onto the toes and gently tighten the legs and glutes and relax.
- Repeat for a total of 10

The Shoulder and Hamstrings

- Hold onto a chair, desk, or wall so as not to lose your balance
- Maintain your hold and sit the hips backwards until your arms are next to your ears creating a stretch in the shoulders and the hips are bent close to a 90-degree angle creating a stretch in the back of the legs.
- Stand up straight to relax and repeat for a total of 10.

The Hamstring Stretch

- With one hand, hold onto a chair, desk, or wall so as not to lose your balance.
- Place one heel on a chair or desk and exhale to reach toward your toes with your free hand to stretch the back of the legs.
- Exhale deeply and relax, aim for 30 seconds up to 2 minutes for each leg.

The Captain Morgan

- With one hand, hold onto a chair, desk, or wall so as not to lose your balance.
- Place one foot onto a chair, desk or stair and shift the hips forward to stretch the front of the straight leg.
- Hold briefly, gently tighten and relax and repeat for a total of 10 on each side.

The Chair Lizard

- With one hand, hold onto a chair, desk, or wall so as not to lose your balance.
- Place one foot onto a chair, desk or stair and shift the body forward to the inside of the leg that's raised.
- Exhale deeply and relax; aim for 30 seconds up to 2 minutes for each leg.

The Leg Swing

- With one hand, hold onto a chair, desk, or wall so as not to lose your balance.
- Gently swing one leg forward and backward in a pendulum motion keeping it as loose as possible.
- Exhale deeply and relax; aim for 30 seconds for each leg.

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