EMPLOYEE WELLNESS

STEARNS COUNTY SHERIFF'S OFFICE

# FULL BODY STRETCH

**10 stretches for mobility and recovery.**

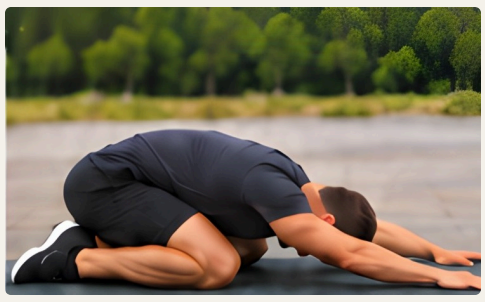
## TARGET AREAS

**HIPS · LOWER BACK · SPINE · HAMSTRINGS · CALVES · GROIN**

### 01 Cobra

**20-30 SEC**

- Lie on your stomach, hands under shoulders.
- Press up, lift your chest and look up.
- Keep hips on the ground.



### 02 Child's Pose

**20-30 SEC**

- Kneel and sit back toward your heels.
- Reach arms forward, relax chest and forehead to the ground.
- Breathe deeply.

### 03 Pigeon Pose

**20-30 SEC / SIDE**

- Bring one knee forward toward the opposite wrist.
- Angle the front shin, back leg straight behind you.
- Sit tall, chest lifted, hips square.

### 04 Hip Flexor

**20-30 SEC / SIDE**

- Step one foot forward, drop the back knee.
- Torso tall, hips facing forward.
- Squeeze back glute. Reach arms overhead (optional).

### 05 Cat / Cow

**8-10 REPS**

- Hands under shoulders, knees under hips.
- Inhale, drop belly and look up (Cow).
- Exhale, round back and tuck chin (Cat).

### 06 Lower Back

**20-30 SEC**

- Lie on your back.
- Pull one or both knees to your chest.
- Rock gently side to side if it feels good.

### 07 Squat Hold

**30 SEC**

- Feet slightly wider than shoulder-width.
- Sit into a deep squat, feet flat.
- Let hips, groin and lower back relax.

### 08 Down Dog + Calves

**20-30 SEC**

- Hands and feet down, lift hips up and back.
- Pedal your heels toward the ground.
- Keep a slight knee bend if needed.

### 09 Figure 4

**20-30 SEC / SIDE**

- Lie on your back, one foot flat.
- Cross one ankle over the opposite knee.
- Pull the bottom thigh toward your chest.

### 10 Cobbler's Pose

**20-30 SEC**

- Sit, soles of feet together, knees out.
- Hold feet or ankles and sit tall.
- Lean forward gently for hips and groin.

## HOW TO USE IT

- Do all 10 in order, about 10 minutes.
- Use a mat or towel for floor stretches.
- Mild tension, never pain.
- **Breathe slowly. Consistency beats intensity.**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SCAN TO SAVE

Get this on your phone

Stop any stretch that causes pain. Check with your doctor if you have an injury.