

Stretches for Pre Walking

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Starting with feet and working our way up. Holding onto chair where needed.

For instructions, see video at www.michellerogers.fit

- A. Feet, ankles
1. Foot roller – at least 1 minute each foot
 2. On R foot, 4 each:
 - Point and flex
 - Touch inside of foot to floor, then outside of foot
 - Foot circles one direction, then otherRepeat on L foot
- B. Shins, calves
3. Up on tiptoes, then slowly down (4)
 4. Up on heels, then slowly down (4)
 5. Front lunge, hold
 - Then bend and straighten back leg, heel to floorRepeat other leg
- C. Hips, quads, thighs
6. Little lunges side to side (8)
 7. Hip circles – 4 each direction
 8. IT band stretch – each side [see video]
 9. Hamstring curl – hold ankle in back. Repeat other leg.
- D. Upper body, aerobic
10. Neck: Look gently over each shoulder (4)
 11. Light marching in place
 - Add deep breaths, arms sweep up/reach to sky, and down (4)
 - Cross arms in front, open wide (4)
 - Shoulder rolls back (4)
 - With elbows out
 - With arms extended, big circle back