

RevStretch

When relaxing, make larger movements with your body.

#01 Entire body



Turn the palms of your hands to face upward. Stretch your entire body.

#02 One side of the body



Bend your upper body to the left and stretch, then bend to the right and stretch in the same way.

#03 Back and waist



Clasp your palms together and extend them forward, bending with your back. Stretch your shoulders and back.

#04 Hips



Turn at the waist as if to look straight behind you.

#05 Hands and forearm



Squat slightly, bending at the knees, and extend both arms straight ahead. Clench your hands into tight fists and turn your wrists downward slightly.

#06 Upper arms



Rotate your right elbow to behind your head, and push down on your right elbow with your left hand.

#07 Shoulders



Put each hand on the shoulder on the same side and slowly rotate your elbows forward. Rapidly rotate backward in the same way.

#08 Shoulders



Using your left hand, pull your right elbow toward your left shoulder. Stretch your left shoulder in the same way.

#09 Neck



Stretch your neck by moving it left, right, up, and down without straining. Slowly turn your neck in big arcs to the left and right.

#10 Waist and legs



While bending forward with your upper body, stretch your waist. Stretch and touch the top of your left foot, then stretch in the same way on the right side.

#11 Achilles tendon



Stand with one foot forward and to the rear, and bend so that your center of gravity moves forward. Stretch your Achilles tendons, keeping your heels on the floor.

#12 Deep breathing



Breathe slowly and deeply twice. Make your final breath especially deep.