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10 MIN. FULL BODY STRETCH ROUTINE



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Why Flexibility???

When you are flexible, your blood flows through muscles that are not constricted. This increased blood flow adds to the energy your body can produce. **Flexibility is the best prevention for injury.**

Increased flexibility can improve:

- ❑ Back Pain
- ❑ Shoulder Pain
- ❑ Knee Pain
- ❑ Hip Pain
- ❑ Muscle Soreness
- ❑ Exercise Form
- ❑ Elimination
- ❑ Organ Function
- ❑ Muscle Strength

INSTRUCTIONS: This routine should be done once a day for the rest of your life! Can't do that? Don't worry, just squeeze it in when you can!

It could be argued that this routine, coupled with good nutrition, is ALL that you'd ever need to get into great shape. How about that?!?!

Hamstring Stretch on Chair



The Hamstring Stretch on a Chair isolates the hamstring muscles more than just touching your toes! This is one of our stretch exercises that we encourage you do for the start or finish of your workout...

1. Grab a chair and put it in front of you.
2. Put your right heel on the seat of the chair and lean forward with both hands and touch your toes.
3. Your knees can be slightly bent if you feel a strain.
4. Make sure your hips are facing forward like headlights on a car to get the best stretch.
5. Hold, then switch legs.

Instructions

2 X 30 Seconds

Inch Worm



This is a stretching exercise that will work your hamstrings, stretch your back and build up a little sweat as you repeat it!

1. Start with your hands on the floor and shoulder width apart.
2. Your feet should be on the floor shoulder width apart as well.
3. Your butt is up in the air and your head should be looking back to your heels.
4. Slowly start to walk up to your hands!
5. Come up to your fingertips and keep your knees bent if you are not that flexible.
6. Walk your hand back out in front of you.
7. Repeat.

Instructions

2 X 30 Seconds

Yoga Quad Stretch



The Yoga Quad Stretch will really get your hip flexors and quadriceps loose and limber! This stretch will help you do many of the other exercises in this program with ease and flexibility. You should do this and the Core Loosener often!

1. Kneel on the ground and bring your left foot forward.
2. Slide your right leg back until you feel a stretch in your quads.
3. Make sure you don't lean your torso forward. Keep your upper body straight.
4. Push your hips forward and keep them facing straight ahead.
5. Breathe naturally and hold.
6. To come up, put your hands on the floor in front of you to help you up.
7. Switch legs.

Instructions

2 X 30 Seconds

Core Loosener



The Core Loosener will really hit your core, hip flexors and quadriceps. This stretch requires some balance, so don't get discouraged right away. You should do the Core Loosener often!

1. Kneel on the ground and bring your left foot forward.
2. Slide your right leg back until you feel a stretch in your quads.
3. Make sure you don't lean your torso forward. Keep your upper body straight.
4. Push your hips forward and keep them facing straight ahead.
5. Put your hands behind your head and twist so that your right elbow comes past your left leg.
6. Breathe naturally and hold.
7. To come up, put your hands on the floor in front of you to help you up.
8. Switch legs. This time twisting so that your left elbow comes past your right knee.

Instructions

2 X 30 Seconds

Tai Chi Twist



The Tai-Chi twist is a great exercise to loosen your spine, get your blood flowing, work on your obliques and aid in digestion.

1. Stand with slightly bent knees shoulder width apart. Place your hands at your sides and relax your limbs.
2. From here begin twisting your waist back and forth in a circular manner, and let centrifugal force of the twisting move your arms back and forth.
3. When you pick up some speed your arms should whip around and then slap at the your front and back simultaneously as you can see in the second picture.

Instructions

2 X 30 Seconds

Half Bridge



The half bridge flexes your spine strengthens your glutes and hamstrings as well as helps with balance.

1. Start with your back on the ground and your hands at your sides. Your feet should be shoulder width apart.
2. Lift your hips up to the sky and bring your hands underneath you.
3. Bend at the back and try to bring your chest to your chin.
4. Be sure not to let your knees kick out to far. They should be straight at all times during the bridge with the same distance from each other as your feet have. If you need to, squeeze you inner thighs to make sure they are in proper position.
5. Hold as long as possible!
6. Breathe naturally.

Instructions

2 X 30 Seconds

Hip Widener



The Hip Widener will do just what it says! This stretch will open up your hips and give you more range of motion in your legs and reduce the chance of injury whether you run, bike, walk or just go through your everyday routine.

1. Sit on the ground and bring your feet into your groin.
2. Hold them together and try to bring your knees to the ground.
3. Hold and breathe naturally.

Instructions
2 X 30 Seconds

Cobra Stretch



Cobra Stretch increases flexibility and strength in the spine.

1. Start with your hands shoulder width apart.
2. Push up with your hands, letting your hips stay on the ground.
3. Look up to the ceiling and inhale.
4. Hold

Instructions

2 X 30 Seconds

Piriformis Stretch



The Piriformis Stretch loosens up your hips, butt and back. Stiff walking and leg injuries can be attributed to a tight piriformis.

1. Lie down on your back, knees bent, with your feet on the ground.
2. Take your right ankle and place it on your left quadriceps.
3. Reach between your legs with your right hand and grab the back of your left leg.
4. Grab the other side of your left leg with your left hand.
5. Pull your left leg toward you.
6. You should feel the stretch at the bottom of your right leg.
7. Hold.
8. Switch legs.

Instructions

2 X 30 Seconds

Side Back Stretch



This stretch will loosen up your back quickly and safely!

1. Start by lying on your back.
2. Bend your knee and bring your right leg up to your chest and hold for 5 seconds.
3. Then let go of your right leg, but keep it lifted and bent and put your arms out to your sides.
4. Twist your entire body to the left.
5. Make sure your right shoulder stays on the ground.
6. Hold
7. Repeat with other leg.

Instructions

2 X 30 Seconds

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