



15 MINUTE STRETCHING GUIDE

One routine. Head to toe. Do it after class or before bed.

COACH TERRY'S FREE GUIDE FOR MEMBERS

Most of us are stiff in the same places: hips, upper back, chest and calves. This is the 15 minute routine I give members who ask me, "What should I do on my off days?" Thirteen stretches, one after the other, no equipment, no experience needed.

HOW TO USE IT

WHEN

After class, or in the evening. Not right after waking up cold. Warm up first.

HOW IT SHOULD FEEL

A firm stretch you can breathe through. Never sharp pain, pinching or tingling.

HOW OFTEN

Three or more days a week. Daily short sessions beat one long one.

WHAT YOU NEED

A bit of floor space, a wall or doorway, and a mat or towel.

FOUR RULES

- **Breathe.** Slow breath in through your nose, long breath out. Relax a little more on every exhale.
- **Don't bounce.** Ease into the stretch and hold it still.
- **Go to the first firm edge.** Not your limit. Stay there.
- **Both sides.** Where a stretch says "each side", do the tight side twice.

THE ROUTINE AT A GLANCE

1	March and arm circles	1 min	8	Figure-four glute stretch	2 min
2	Cat-cow	1 min	9	Hamstring stretch	1 min
3	Child's pose	1 min	10	Wall calf stretch	1 min
4	Thread the needle	1 min	11	Deep squat hold	1 min
5	Doorway chest stretch	1 min	12	Lying spinal twist	1 min
6	Overhead reach and side bend	1 min	13	Finish: lie flat and breathe	1 min
7	Half-kneeling hip flexor	2 min			

TOTAL: 15 MINUTES | PART 1: 6 MIN | PART 2: 6 MIN | PART 3: 3 MIN

PART 1**WAKE THE BODY UP (6 MIN)****1****MARCH AND ARM CIRCLES**

Stand tall and march in place. Swing your arms in big, easy circles, forward then back. Let your heart rate rise a little.

Cue: loose and easy. You're warming up, not stretching yet.

1 MIN**30 SEC EACH****WAY****2****CAT-COW**

On hands and knees. Breathe in, let your belly drop and look up. Breathe out, round your back toward the ceiling and tuck your chin.

Cue: move your whole spine, one slow breath per move.

1 MIN**8 TO 10 SLOW****REPS****3****CHILD'S POSE**

From hands and knees, sit your hips back toward your heels. Reach your arms long in front of you and rest your forehead down.

Cue: let the floor hold you. Soften your shoulders on every exhale.

1 MIN**HOLD AND****BREATHE****4****THREAD THE NEEDLE**

On hands and knees. Slide your right arm under your left arm, palm up, and rest your right shoulder and ear on the floor. Keep your hips over your knees.

Cue: turn from your upper back, not your low back.

30 SEC**EACH SIDE****5****DOORWAY CHEST STRETCH**

Stand in a doorway. Put your forearm on the frame with your elbow near shoulder height. Step through slowly until you feel the front of your chest and shoulder open.

Cue: ribs down, chest tall. Don't arch your low back.

30 SEC**EACH SIDE****6****OVERHEAD REACH AND SIDE BEND**

Stand tall. Clasp your hands overhead, or hold one wrist. Reach up, then lean slowly to one side. Feel the long stretch down your side and under your arm.

Cue: grow tall first, then lean. Keep both feet planted.

30 SEC**EACH SIDE**

7

HALF-KNEELING HIP FLEXOR

Kneel on one knee with the other foot flat in front of you. Tuck your tailbone under, squeeze your back glute, and shift forward until you feel the front of your back hip stretch.

Cue: stay tall. If your low back arches, you've gone too far.

1 MIN

EACH SIDE

8

FIGURE-FOUR GLUTE STRETCH

Lie on your back with both knees bent. Cross your right ankle over your left knee. Hold behind your left thigh and gently pull it toward your chest.

Cue: keep your head down and your shoulders relaxed.

1 MIN

EACH SIDE

9

HAMSTRING STRETCH

Sit with one leg straight and the other bent. Keep your back long and hinge forward from your hips until you feel the back of the straight leg. A strap or towel around your foot helps.

Cue: lead with your chest, not your head. A rounded back is okay if it's comfortable.

30 SEC

EACH SIDE

10

WALL CALF STRETCH

Hands on a wall. Step one foot back, keep that heel down and your leg straight, and lean in. Then bend that knee slightly to reach lower into the calf and ankle.

Cue: toes point straight ahead and the heel stays down.

30 SEC

EACH SIDE

PART 3 WIND DOWN (3 MIN)

11

DEEP SQUAT HOLD

Feet a little wider than your shoulders, toes slightly out. Sit down between your knees and hold. Press your elbows gently against your inner knees. Hold a doorframe or post if you need support.

Cue: chest up, heels down. Stand up and shake it out if you need a break.

1 MIN

**HOLD, REST IF
NEEDED**

12

LYING SPINAL TWIST

Lie on your back with your knees bent. Let both knees fall to one side and stretch your arms out wide. Turn your head the other way if it feels good.

Cue: keep both shoulders heavy on the floor.

30 SEC

EACH SIDE

13

FINISH: LIE FLAT AND BREATHE

Lie on your back with your arms by your sides and your legs relaxed. Breathe in through your nose for four counts and out for six. Let everything go.

Cue: this is the part that tells your body you're done.

1 MIN

**SLOW
BREATHING**

MAKE IT STICK

- Put it on a schedule. Pick three days and a time, and stick to it for two weeks.
- Short and often beats long and rare. Even five minutes counts.
- Tight wrists or elbows? Pair this with my free Front Rack Mobility Guide.
- Notice what's tightest, and tell your coach. We can build it into your warm-up.

WANT A COACH IN YOUR CORNER?

Come see us at Erie Shore Athletics in Avon Lake. Book a free consult and we'll talk about your goals, answer your questions and find the right fit.

Visit ereshoreathletics.com or follow [@ereshoreathletics](https://www.instagram.com/ereshoreathletics) on Instagram.

Coach Terry

General fitness information, not medical advice. A firm stretch is fine. Sharp pain, pinching, numbness or tingling means stop. If you have an injury or a medical condition, check with your doctor before you start.