

PRO Fit: Rapid Warm-Ups: Repeat 10 times or for 5-10 seconds each



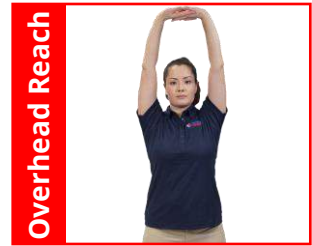
With arms at side and hands clasped, gently roll both wrists in figure eight motions, progressing to arms straight.



Standing in good posture, make big, slow circles with arms, clockwise and counterclockwise.



Bring shoulders back and squeeze shoulder blades together in a controlled motion.



Interlock fingers and raise arms above head. Rotate hands palm up and push arms upwards.

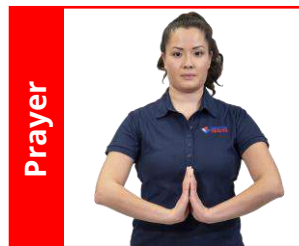
PRO Fit: Daily Stretching: Hold 20-30 seconds and repeat 3 times



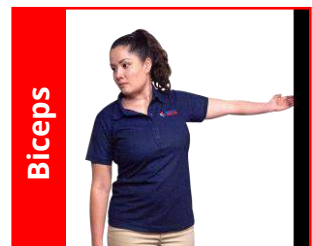
With arm extended, apply pressure to back of hand with palm facing down, feeling for a stretch on top of forearm.



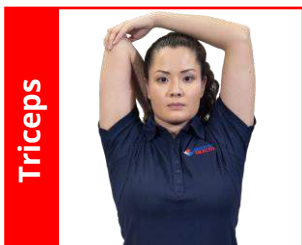
With arm extended, apply pressure into the palm of the hand, bending the wrist backwards, feeling for stretch on bottom of forearm.



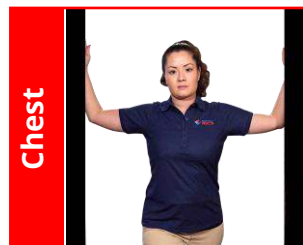
Place palms together and fingers apart. Guide hands down your midline pulling elbows apart feeling for stretch in wrists and forearms.



Resting hand on wall at shoulder height, rotate thumb down and turn body away from arm feeling for a stretch in upper arm.



Raise arm overhead and bend elbow. With opposite hand, pull elbow towards head feeling for stretch in back of arm.



Place forearms on doorway at chest height. Step through and gently lean forward, feeling for a stretch in chest.



Bring one arm behind back. Hold wrist with opposite hand and gently pull arm back feeling for a stretch on top of shoulder.



Bring one arm straight across chest. Apply pressure with opposite arm feeling for a stretch in back of shoulder.

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Knee Hug



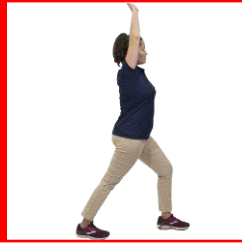
Grab one leg below the knee and pull into chest. Repeat on opposite side.

Heel Kicks



Bring heel towards buttock, keeping thigh vertical. Repeat on opposite side.

Lunge with Reach



Take large step forward, bending knees to 90 degrees. Reach arm above head and lean slightly forward.

Side Lunge



With one leg, take a large step to the side and bend knee, sitting buttock back. Repeat on opposite leg.

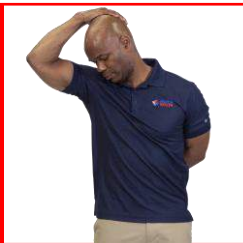
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Chin Tuck



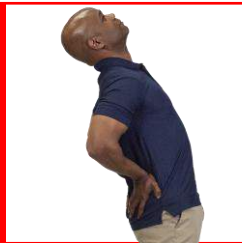
Looking straight head, gently slide head back to be in line with shoulders. Gently tuck chin in to resemble a double chin, feeling for stretch in back of neck.

Neck



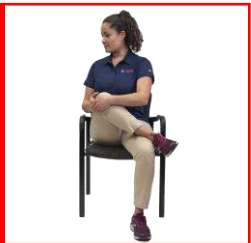
Rotate chin towards one shoulder and use hand on same side to gently apply pressure, feeling for a stretch in back of neck.

Back Extension



Stand with feet shoulder width apart, hands on low back. Gently arch back and push hips forward feeling for a stretch in low back.

Hip



While seated, bring one ankle across opposite knee. Use arms to pull knee towards opposite shoulder feeling for stretch in glute.

Hamstring



Straighten one leg with toes pulled up. Keep back straight and gently lean forward, hinging at hip feeling for stretch in back of thigh.

Quadriceps



Grasp ankle with hand and pull heel into glutes, keeping knees together and back straight, feeling for a stretch in front of thigh.

Hip Flexor



Step forward into lunge position. Drive front knee forward and hips backward while maintaining upright posture, feeling for stretch in front of back hip.

Calf



Stand in lunge position with hands supported. Keep back knee straight with heel on ground. Bend front knee feeling for stretch in back calf.