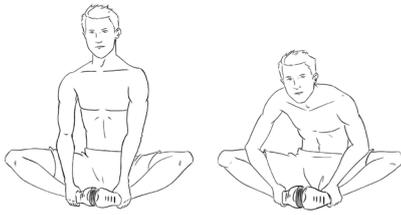


# 10 Daily Stretches in 15 minutes by Jason Dundas.

Hold all stretches for 60 seconds each side.  
Do 10 reps of each theraband exercise.

*Jason Dundas*

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## 1. Butterfly Stretch

Bring the soles of your feet together. Bring your heels as close to your body as you can. Hold on to your ankles and pull your feet towards your pelvis. Keeping the back straight, lean forward.



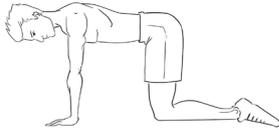
## 2. Hamstring Stretch

Sit up straight. Put your left leg out straight in front of you. Bend your right leg and put your foot against your other leg. Breathe in. Bend forward at the hip and breathe out. Switch sides.



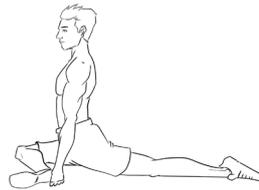
## 3. Lunge Stretch

Position yourself with one leg forward and resting on the knee of the back leg. Be sure that the front ankle is directly under the knee. Gently lower the hips downward & forwards and hold that position. Repeat on the other side.



## 4. Calf Stretch

Begin on your hands and knees. Stretch your elbows and relax your upper back. Spread your fingers wide and press firmly through your palms and knuckles. Exhale as you tuck your toes and lift your knees off the floor. Alternate legs, driving opposite heel into the floor. Press the floor away from you as you lift through your pelvis.



## 5. Pigeon Stretch

Bring your right knee between your hands, placing your right ankle near your left wrist. Extend your left leg behind you so your kneecap and the top of your foot rest on the floor. Press and lift your torso away from your thigh. Lengthen the front of your body. Draw down through your front-leg shin and balance your weight evenly between your right and left hips.



## 6. Jefferson Curl

Begin the movement by tucking your chin into your chest, then slowly round your back one vertebrae at a time as you feel the weight "pull" you lower towards the floor. Continue lowering, hold.



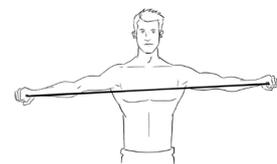
## 7. Shoulder Stretch

Using your right arm, slightly pull the left arm across the body. Keep the left elbow bent as you pull across the body. Hold. Repeat with opposite arm.



## 8. Tricep Stretch

Bring right arm across your body and over your left shoulder, holding your elbow with your left hand, until you feel a stretch in your tricep. Then repeat for your other arm.



## 9. Theraband Horizontal Pulls (10 reps)

Grasp the ends of the band in front of you at shoulder height, and take up the slack. Pull the band outward, keeping your elbows straight and pinch your shoulder blades together until your arms are out to your side. Slowly return.



## 10. Theraband Glute Clams (10 reps)

Tie band at knees and lie on your side. Rest your head on your arm or hand as shown. Bend hips to approximately 45 degrees and bend your knees at 90 degrees. Make sure one hip is lying above the other. Inhale and whilst exhaling float the upper leg upwards while keeping your feet in contact with one another. Inhale and as you exhale bring the leg down to the starting position.