

Stretch BOARD

with different workouts



1.

Please warm up your body on the floor by bending waist down several times.



2.

Keep stretching your hands up, and breath freely , and then start swinging your body left and right for several times.



3.

Put your left hand at your waist and then bend your body ahead down. Meanwhile, bend your right knee a little and try your right hand to reach the floor. Please note, when bending down, please follow your breath.



4.

Keep you body standing upright, and then raise and stretch your hands horizontally forward, as if you are pushing something. Please repeat for several times.



5.

Put your hands on your knees, and then squat down a little. Please do not let your heels leave the board. Swing your knees toward left side, and then stand up. Do again but swing your knees toward another side. Please repeat for several times.



6.

Stand on the board and align your feet, and then stand upright and keep your kness straight till you do not feel uncomfortable.