



UNIVERSITY OF MICHIGAN  
HEALTH SYSTEM

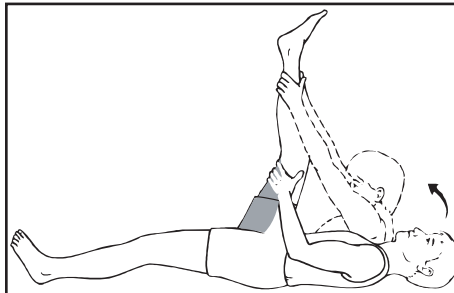
Health Promotion Division

# PHYSICAL ACTIVITY FOR LIFE

## MFit CHARITY CHALLENGE

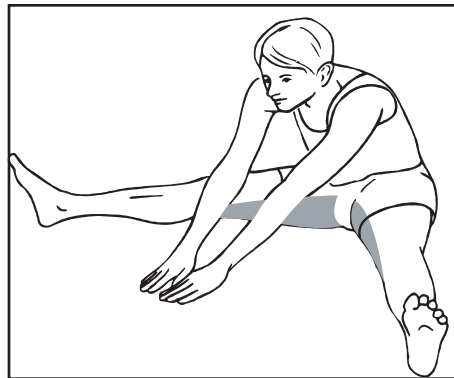
### Suggested Stretching Exercises

Do all stretches 2-3 times each



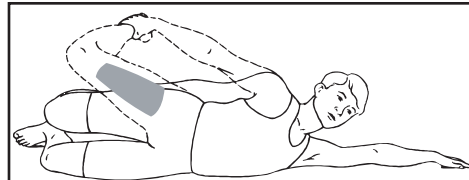
#### Hamstring Stretch

- Laying down with one hand behind right knee, gently pull right leg toward head until the stretch is felt.
- Hold 20-30 seconds. For more stretch, move hands up the leg toward the ankle.
- Repeat with the other leg



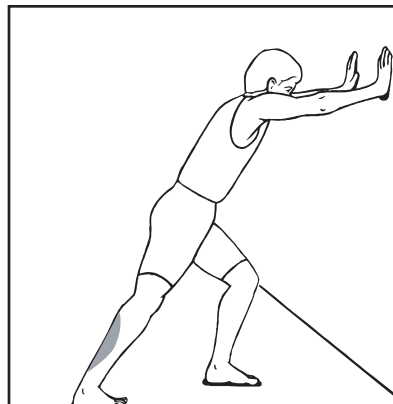
#### Adductor/Groin Stretch

- Seated, spread legs wide in a “V” and lean forward, walking your hands away from your body.
- Hold 20-30 seconds, then walk hands back toward body.
- Repeat



#### Quad Stretch

- Lay on one side and grasp the ankle of the top leg.
- Gently pull the heel toward the buttocks while pushing that hip forward until a stretch is felt in the front of the thigh.
- Hold 20-30 seconds.
- Roll over and repeat with other leg.



#### Calf Stretch

- Put hands on wall and place one foot close to the wall. Place the other foot 2-3 feet back, leg straight, and push down on the heel of the back foot.
- Hold for 20-30 seconds.
- Then repeat on other leg

Charity Challenge



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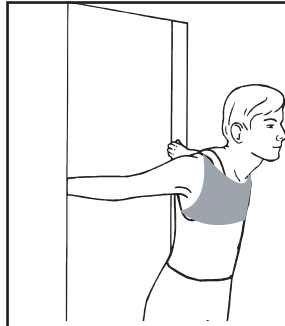
Health Promotion Division

# PHYSICAL ACTIVITY FOR LIFE

## MFit CHARITY CHALLENGE

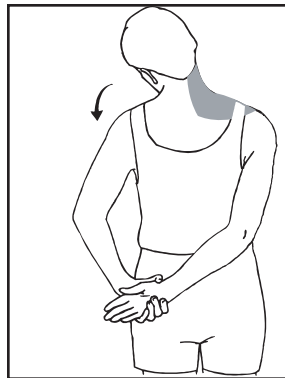
### Suggested Stretching Exercises, cont.

Do all stretches 2-3 times each



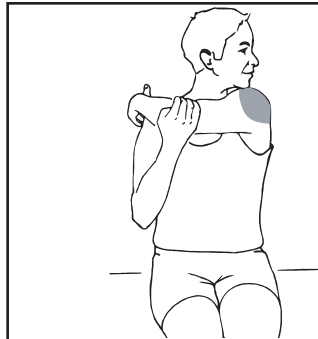
#### Pec Stretch

- Holding onto a door frame with arms at shoulder level, lean forward until the stretch is felt.
- Hold 20-30 seconds
- Repeat



#### Neck Stretch

- While tilting head to the left, pull right arm down and to the left with left hand until a stretch is felt
- Hold 20-30 seconds.
- Repeat on other side



#### Deltoids/Rhomboids Stretch

- Pull right arm across chest, pushing just above elbow of right arm with left hand.
- Turn head to the right.
- Hold 20-30 seconds.
- Repeat on the other side



#### Tricep Stretch

- Put right hand over the top of the head and walk the fingers down the back.
- Gently push above the right elbow with the left hand until a stretch is felt.
- Hold 20-30 seconds.
- Repeat on other side

Charity Challenge