ZOT! STRETCHES

BREATHE IN & OUT
- Circle the arms over the head as you breathe in
- Circle the arms down by your side as you breathe out
- Repeat 3 times

BACK BEND
- Place your palms to support the lower curve of your back
- Slightly bend your back
- Look up or straight ahead
- Hold for 7 seconds

CHEST STRETCH
- Clasps hands behind the back
- Slightly lift hands up or bring down
- Hold for 7 seconds

SHOULDER ROLL
- Circle both sides of shoulders forward and back
- Repeat 3 times on each direction

QUAD STRETCH
- Hold on to something stable for balance
- Lift leg behind to grab top of the foot
- Keep knees aligned
- Hold for 7 seconds and switch foot

NECK ROTATION
- Slightly rotate neck to one direction
- Hold for 7 seconds on each side