

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



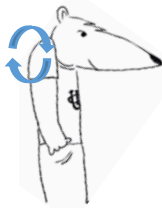
BACK BEND

- 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

- Clasp hands behind the back
- Slightly lift hands up or bring down
- Hold for 7 seconds



SHOULDER ROLL

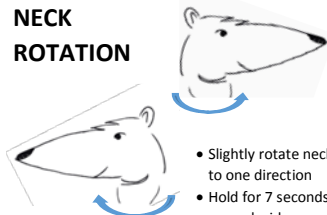
- Circle both sides of shoulders forward and back
- Repeat 3 times on each direction



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