



Stretching & Mobility

8 daily stretches to undo sitting, protect joints & move better



You don't need to be flexible — you just need to move.
10 minutes of daily stretching undoes hours of sitting, boosts circulation,
eases back pain, and keeps you moving well into your 80s.

YOUR DAILY TARGET

10 minutes · Every day · Hold 30-60 sec each

Stretching is the one workout you should never skip

THE 5 STRETCHING RULES

- | | |
|-----------------------|---|
| BREATHE | Never hold your breath — deep breaths help muscles release. |
| EASE, NOT PAIN | Feel a mild pull, not a sharp pain — pain means back off. |
| STATIC = AFTER | Hold long stretches AFTER movement, not before. |
| BE CONSISTENT | Daily 10 min beats one 60-min session per week. |
| BOTH SIDES | Always stretch both sides — bodies love balance. |

WHAT YOU NEED

- | | |
|------------------------------|--|
| → Mat or carpet | Something soft under knees and back. |
| → Comfortable clothes | Anything you can move in freely. |
| → A doorway | For the chest opener — every home has one. |
| → A wall | For calf and posture stretches. |





1

Neck Side Bend

Releases neck · Undoes phone/desk tension

30 sec each side



HOW TO DO IT

1. Sit or stand tall — shoulders relaxed and away from ears.
2. Gently drop your right ear toward your right shoulder.
3. For a deeper stretch, rest your right hand on your head (no pulling).
4. Feel a mild pull along the LEFT side of your neck.
5. Hold, breathing deep. Switch sides.

★ COACH'S TIP

If your shoulders creep up to your ears, imagine gently sliding them down.



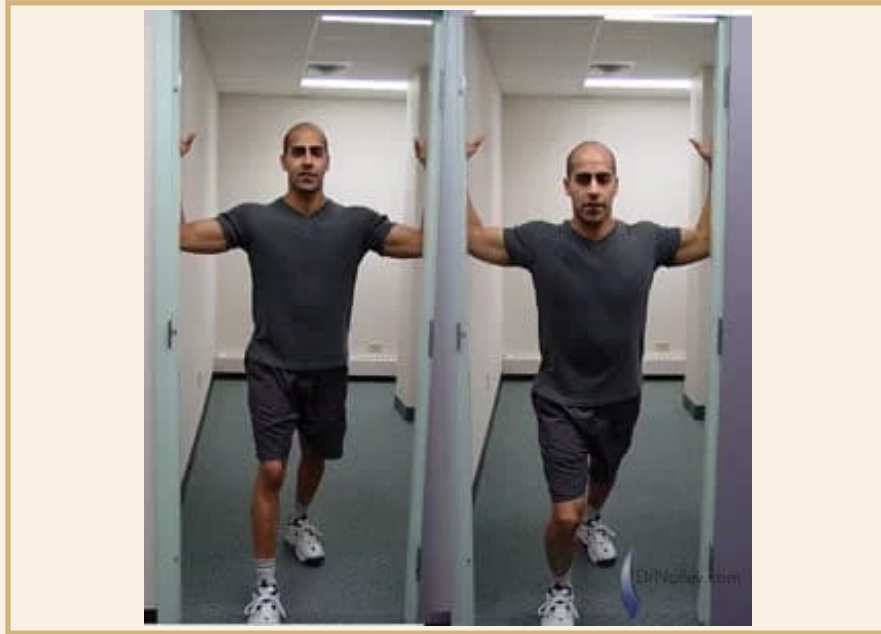


2

Chest Doorway Stretch

Opens chest · Reverses hunching · Improves posture

30-45 sec



HOW TO DO IT

1. Stand in a doorway with arms bent at 90° at shoulder height.
2. Place forearms on either side of the door frame.
3. Step one foot forward slowly, feeling stretch across chest.
4. Keep your core gently engaged — no arching low back.
5. Hold, breathing deep. Release and step back.

★ COACH'S TIP

This one stretch is the antidote to modern life. Do it 3x daily.





3

Cat-Cow Spinal Flow

Wakes up spine · Warms up back · Eases stiffness

8-10 rounds



HOW TO DO IT

1. Start on hands and knees — wrists under shoulders, knees under hips.
2. INHALE: Drop belly, lift chest and tailbone (cow).
3. EXHALE: Round spine, tuck chin and tailbone (cat).
4. Move slowly, matching movement to breath.
5. Return to neutral (flat back) between rounds.

★ COACH'S TIP

This is the best 60 seconds you can spend for back pain. Do it every morning.



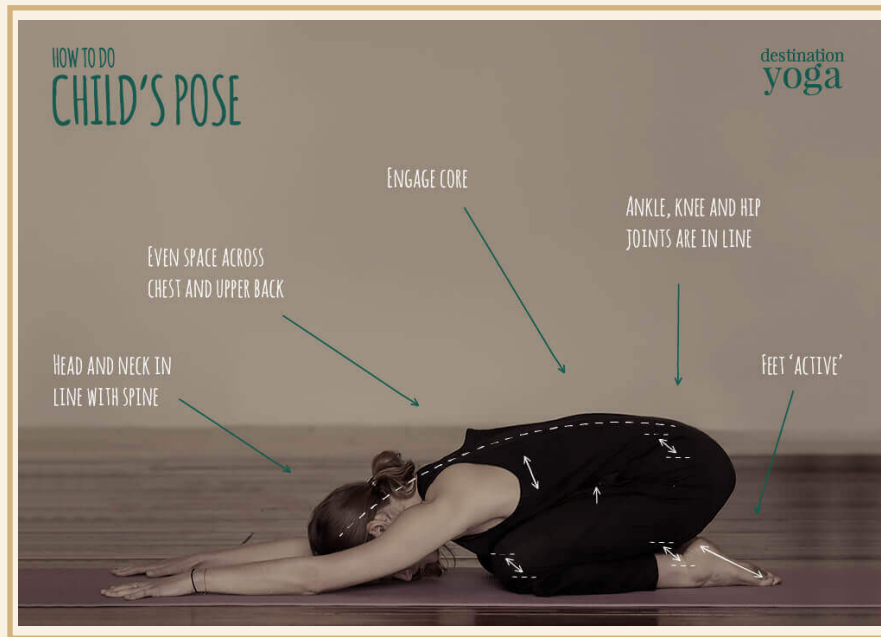


4

Child's Pose

Lengthens spine · Opens hips · Deep calm

60-90 sec



HOW TO DO IT

1. Kneel on the mat, big toes touching, knees wide.
2. Sit back onto your heels (or as close as feels comfortable).
3. Walk hands forward, lowering forehead to the mat.
4. Rest arms extended long OR alongside your body — whichever feels better.
5. Breathe deep into your low back. Stay as long as feels good.

★ COACH'S TIP

Feels tight? Place a pillow between hips and heels for support.





5

Standing Forward Fold

Releases hamstrings · Lengthens spine · Calms nerves

45-60 sec



HOW TO DO IT

1. Stand with feet hip-width apart, knees slightly bent.
2. Hinge at hips (not waist) and fold forward slowly.
3. Let arms and head hang heavy — no forcing.
4. Bend knees as much as needed to relax your low back.
5. To stand up: bend knees more, roll up slowly one vertebra at a time.

★ COACH'S TIP

Don't chase touching your toes — chase a relaxed, hanging spine.





6

Standing Quad Stretch

Releases quads & hip flexors · Undoes sitting

30 sec each side



HOW TO DO IT

1. Stand near a wall or chair for balance if needed.
2. Bend your right knee and grab your right ankle behind you.
3. Keep knees close together — don't let the bent knee flare out.
4. Gently press hips forward until you feel a stretch in the front of thigh.
5. Squeeze the glute of the bent leg for a deeper stretch. Switch sides.

★ COACH'S TIP

If reaching your ankle is hard, loop a towel around your foot to bridge the gap.



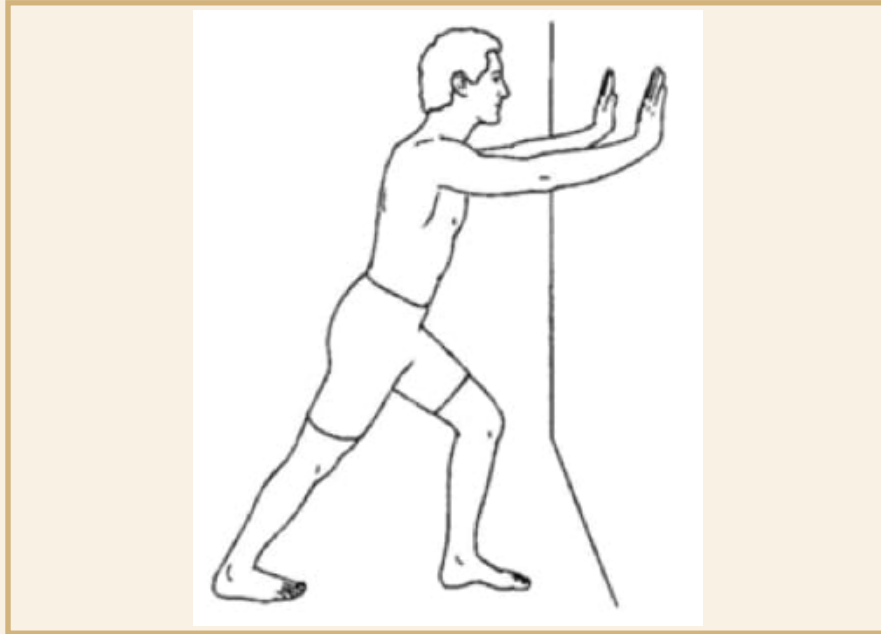


7

Wall Calf Stretch

Releases calves · Protects knees & ankles

30 sec each side



HOW TO DO IT

1. Stand facing a wall, arm's length away.
2. Place both hands on the wall at shoulder height.
3. Step your right foot back, keeping the heel pressed to the floor.
4. Bend your front knee gently, keeping back leg straight.
5. Feel the stretch in your right calf. Hold. Switch sides.

★ COACH'S TIP

Tight calves = achy knees. Do this after every walk, even a short one.





8

Seated Figure-Four

Releases glutes & hips · Relieves sciatica

60 sec each side



HOW TO DO IT

1. Sit on a sturdy chair with feet flat on the floor.
2. Cross your right ankle onto your left thigh, just above the knee.
3. Flex your right foot to protect the knee.
4. Sit tall, then hinge forward from the hips.
5. Feel a deep stretch in the right glute. Switch sides.

★ COACH'S TIP

This is the #1 fix for tight hips from sitting. Do both sides — always.





Your 10-Minute Daily Flow

Do all 8 stretches in this order — head to toe, top to bottom

THE FLOW (top to bottom)

1	Neck Side Bend	30 sec each side
2	Chest Doorway Stretch	30-45 sec
3	Cat-Cow Spinal Flow	8-10 rounds
4	Child's Pose	60-90 sec
5	Standing Forward Fold	45-60 sec
6	Standing Quad Stretch	30 sec each side
7	Wall Calf Stretch	30 sec each side
8	Seated Figure-Four	60 sec each side

WHEN TO STRETCH

Morning	Cat-cow + Child's pose to wake up the spine.
Desk breaks	Chest doorway + neck stretch every 90 min.
After walking	Quad + calf + forward fold to reset legs.
Before bed	Figure-four + child's pose for deep release.

★ COACH'S FINAL WORD

You'll gain more from 10 minutes daily than 60 minutes once a week.
Flexibility is freedom.

Stretch daily and your future self will thank you at 60, 70, and 80.

