

TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 30 to 60 second static hold of the body weight Windmill Stretch. Repeat on the other side.



Windmill Stretch

How To:

1. Stand up straight
2. Place your feet wider than shoulder width apart - spaced about 3 feet
3. Raise your left arm up in the air beside your head
4. Place your right hand on the side of your thigh
5. Keeping your right hand on your right leg the while time slowly reach down that leg
6. Look up towards your left arm
7. Try to create a straight line with both arms
8. Keep your entire body in alignment
9. Don't let your hips fall backwards
10. Keep your knees straight, but unlocked
11. Slowly breathe in and out through your nose
12. Feel the stretch along your left side, under your armpit, at the top of your hips, through the mid-back & on the inside of your thigh.