



NFL Stretches and Calisthenics

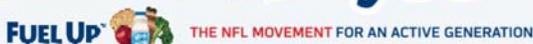
Getting ready to be active? Warm up like a pro! Use these tips below to create a handout and let your fellow walkers know how to stretch before they start walking.

Stretches

- **Head Rolls:** Roll your head slowly around in a circle. Stop at any point and hold the stretch, if you like.
- **Arm Stretch:** Lace your fingers together. Turn your arms “inside out,” then pull up and stretch.
- **Arm Stretch:** Lace your fingers together. Turn your arms inward and stretch behind your back.
- **Arm Stretch:** Put one hand on your elbow and pull your arm across your chest. Switch arms.
- **Arm Stretch:** Lace your fingers together. Turn your arms inside out and stretch in front of you. This stretches your arms, back and shoulders.
- **Hip Stretch:** In the gym, place your right foot ahead of your left, toes straight ahead. Bend both knees, press your hips forward and lean into the wall. Keep both heels down and both knees in line with your feet. Switch legs.
- **Leg Stretch:** Steady yourself with one hand. With the other, grab the outside of your leg at the ankle, keeping your body straight from knee to hip. Gently pull your foot up and toward the buttocks until you feel a stretch along the front of thigh. Your thigh should be pulled straight back and not drift to the outside.
- **Leg Stretch:** Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor.
- **Back Stretch:** Lie on your back. Bend your left knee and lift it halfway to your chest. Grasp your knee with your right hand, and pull it toward your right shoulder, keeping both buttocks against the floor.
- **Back Stretch:** Stand against an immobile structure, like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Switch sides.



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- **Arm Stretch:** Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Switch arms.
- **Arm Stretch:** Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Switch arms.
- **Shoulder Stretch:** Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds.
- **Back Stretch:** Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds.
- **Back and Hip Stretch:** Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Switch sides.

Calisthenics

- **Sit-ups:** Lie on your back with your knees bent and feet flat on the floor. Keeping your feet on the ground, lift your shoulders off the ground and hold. Return to original position and repeat.
- **Push-ups:** Place both hands on the floor, palms down, with feet straight back behind you and toes on the ground. Lower your body toward the ground, keeping your body straight, without touching the floor. Push back up to starting position and repeat.
- **Pull-ups:** This requires a bar that you can hold onto. Grasp the bar, arms straight, and pull yourself up toward it, bending at the elbows. Once your chin is over the bar, slowly lower yourself back down and repeat.
- **Calf Raises:** Lean against a sturdy object for balance and stand on your tiptoes. Slowly lower yourself down, without letting your heels touch the ground, and then push back up with your toes.
- **Squats:** Stand with your feet shoulder-width apart and your arms straight out in front of you. Slowly lower yourself down by bending at the knees and without lifting your heels off the ground. Use the strength in your legs and heels to push back up and repeat.



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- **Trunk Twists:** Stand up straight and rotate your hips as far to the right as you can without moving the lower half of your body. Then swing back all the way to the left as far as you can and repeat.
- **Side Bridge:** Lie on your side with your elbow and forearm on the floor to prop your body up, your feet together and straight out along the floor. Use your elbow to push your body up so that it is at an angle to the floor and hold. Switch sides.
- **Planks:** Get face down in push-up position (palms down, legs straight, toes on floor). Push up and hold there for 10 seconds and then lower yourself back down.
- **Air Bike:** Lie on your back with your knees at your chest. Pretend you are riding a bike by kicking your legs, alternating one at a time, in a circular motion.
- **Dips:** Find a bench and stand in front of it. Place your hands on the bench, still facing forward so your arms are behind you with your elbows bent. Lower yourself into a pike position so that your hips are in line with the bench and then push back up.
- **Lunges:** Stand with your feet shoulder-width apart. With one leg, take a step forward, bending at both knees so your body goes down closer to the floor. Return to starting position and then switch legs.
- **Reverse Crunches:** Lie on your back and bend at the hips so your legs are straight up in the air. Slowly lift your hips off the ground, keeping your upper body and shoulders flat on the floor. Hold there for five seconds and then lower back down.
- **Scissor Kicks:** Lie on your back, feet flat on the floor. Slowly lift one leg off the floor, and, at the same time you are bringing that leg back down, lift the opposite leg. Continue to alternate legs without touching the ground.
- **Leg Lifts:** Lie on your back, feet flat on the floor. Slowly lift your feet off the ground together and lower them back down without touching the floor. Repeat.



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