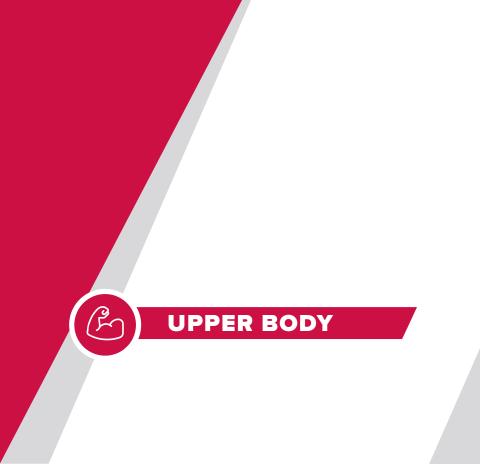
BUCK-I-MOVE STRETCH WITH BRUTUS



TRAPEZIUS STRETCH

TARGET AREA: UPPER SHOULDER

STEPS:

BRUTUS

- 1. Place your right hand over your head, reaching toward your left ear.
- 2. Gently pull your head to the right until you feel a stretch in your left neck and shoulder.
- 3. Hold 15 seconds, and switch to other arm.
- 4. Repeat 3 times on each arm.

WRIST EXTENSOR STRETCH

TARGET AREA: BACK OF WRIST/FOREARM

- 1. Hold your left arm in front of you with the elbow straight.
- 2. With your right hand, reach up and grab the back of the left hand.
- 3. Pull down with your right hand (fingers pointing toward the floor).
- 4. Hold 15 seconds, and switch to other arm.
- 5. Repeat 3 times on each arm.

WRIST FLEXOR STRETCH

TARGET AREA: FRONT OF WRIST/FOREARM

- 1. Hold your left arm in front of you with the elbow straight.
- 2. With your right hand, reach up and grab the palm side of the left hand.
- 3. Pull up with your right hand (fingers pointing toward the ceiling).
- 4. Hold 15 seconds, and switch to other arm.
- 5. Repeat 3 times on each arm.

SCARECROWS

TARGET AREA: SHOULDERS

STEPS:

BRUTUS

- 1. Stand with your legs shoulder width apart and knees slightly bent.
- 2. Hold your arms out to the side (upper arms parallel to the floor) and elbows bent to 90 degrees.
- Keeping your upper arms in place, rotate your palms up and back as much as you can.
- Try to keep your upper arms as still as you can, and try not to arch your back.
- 5. Repeat 15 times.



HAMSTRING STRETCH

TARGET AREA: BACK OF UPPER LEG

- Step forward slightly with your right leg, placing the right heel on the ground with your toes pointing up.
- Keeping your right knee straight, bend forward from the hips (try and keep your back straight) until you feel a stretch in the back of the right thigh.
- 3. Use a chair/wall for balance.
- 4. Hold 15 seconds, and switch to other side.
- 5. Repeat 3 times on each side.

CALF STRETCH

TARGET AREA: BACK OF LOWER LEG

- Step forward with your right leg, keeping the toes on your left foot pointing forward (not out to the side).
- Keeping your left knee straight and left heel on the ground, shift your weight forward over your right leg (your right knee can bend as needed).
- 3. Keep your back straight and both feet flat on the ground.
- 4. Use a chair/wall for balance.
- 5. Hold 15 seconds, then switch sides.
- 6. Repeat 3 times on each side.

QUAD STRETCH

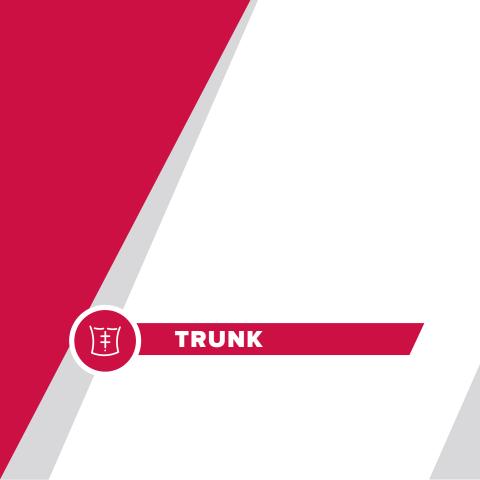
TARGET AREA: FRONT OF UPPER LEG

- Standing on your right leg, bring your left leg behind you and grab the top of your left foot with your left hand.
- 2. Pull your left leg toward the left buttocks. Try to keep your back straight and your left knee pointed toward the ground.
- 3. Use a chair/wall for balance.
- 4. Hold 15 seconds, and switch to other leg.
- 5. Repeat 3 times on each side.

MINI-SQUATS

TARGET AREA: UPPER LEGS/BUTTOCKS

- Stand with your feet slightly wider than shoulder width apart, with your toes turned out slightly.
- 2. Bend your knees and squat down as low as you can.
- Keep your feet flat on the floor and think about moving down and back (like you were sitting on a chair).
- 4. Use a chair/sturdy object for balance.
- 5. Repeat 15 times.



HIP-HINGE

TARGET AREA: BACK/LEGS/BUTTOCKS

- Stand with your feet slightly wider than shoulder distance apart, with your toes turned out slightly and knees slightly bent.
- 2. Place your hands on your hips.
- Keeping your back straight, hinge forward from your hips, bending forward as far as you can (you should feel a stretch in the back of your legs).
- 4. Pause for 1-2 seconds, then return to standing.
- 5. Repeat 15 times.

STANDING TWIST

TARGET AREA: SIDES OF TRUNK/HIPS

STEPS:

- 1. Stand with your feet shoulder width apart and your hands on your hips.
- 2. Keeping your feet still, twist your body to the left as far as you can.
- 3. Once you reach the stopping point, start twisting to your right and go as far as you can.
- 4. Repeat side-to-side for 1 minute.

TIP: If you want to feel it a little more, hold your arms out in front of you and allow them to swing freely as you move your body.

A-FRAME ROTATION

TARGET AREA: BACK/SIDES/HIPS

- Stand with your legs shoulder width apart and hinge forward from your hips (keep your back straight).
- 2. Put your left arm between your legs, so your elbow rests on one knee and your hand rests on the other.
- Start with your right arm straight down, then rotate your right arm/body to the right, reaching upward.
- 4. Hold for 5 seconds, then return to the starting position. Repeat 5 times.
- 5. Switch sides and repeat.

STANDING SIDE REACH

TARGET AREA: SIDE OF TRUNK

STEPS:

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- 1. Stand up straight with your right arm up and left hand on hip.
- Lean to the left side, making sure not to bend forward and keeping both feet flat on the ground.
- 3. Push your right hand toward the ceiling and to the left.
- 4. Hold 15 seconds and switch to other side.
- 5. Repeat 3 times on each side.

SPLIT STANCE PUSH/PULL

TARGET AREA: LEGS/SIDES OF TRUNK

STEPS:

- 1. Step forward with the right leg, so you are in a staggered stance.
- 2. Hold both arms up in front of you.
- 3. Pull back with the left arm as you push the right arm forward.
- Switch arms, pushing forward with the right arm and pulling back with the left. Try to keep your lower body still.
- 5. Repeat for 30 seconds, then switch legs.

TIP: If you want to feel it a little more, bend your knees more!



CONDITIONING



GLUTE-KICKERS

TARGET AREA: GENERAL CONDITIONING

- 1. Stand in an athletic position.
- 2. Bring your left heel up, as if you were trying to kick yourself in the glutes.
- Try to keep your left thigh still (left knee should be pointing at the ground when the left heel is up).
- 4. Repeat with the right leg.
- 5. Alternate right and left legs for 1 minute.



SIDE STEPS

TARGET AREA: GENERAL CONDITIONING

- 1. Start in an athletic position.
- Shuffle 3 steps to the right, then 3 steps to the left.
- 3. Repeat for 1 minute.



CROSSOVER STEPS

TARGET AREA: GENERAL CONDITIONING

STEPS:

BRUTU

- 1. Start in an athletic position.
- 2. Cross your right leg over your left.
- 3. Step to the left with your left leg (you should be back to the starting position). Continue left for 2 more steps.
- 4. Cross your left leg over your right.
- 5. Step to the right with your right leg (you should be back to the starting position). Continue right for 2 more steps.
- 6. Repeat for 1 minute.



ARM CIRCLES

TARGET AREA: GENERAL CONDITIONING

STEPS:

BRUTUS

- Stand in a comfortable position, holding your arms out to your sides.
- 2. Begin making small forward circles with your arms, gradually making the circles bigger and bigger.
- 3. Continue for 30 seconds.
- 4. Repeat, but making backward circles for 30 seconds.