



BUCK-I-MOVE

STRETCH WITH BRUTUS



UPPER BODY



UPPER BODY

TRAPEZIUS STRETCH

TARGET AREA: UPPER SHOULDER

STEPS:

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.





UPPER BODY

WRIST EXTENSOR STRETCH

TARGET AREA: BACK OF WRIST/FOREARM

STEPS:

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.



UPPER BODY

WRIST FLEXOR STRETCH

TARGET AREA: FRONT OF WRIST/FOREARM

STEPS:

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.



UPPER BODY

SCARECROWS

TARGET AREA: SHOULDERS

STEPS:

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.
3. Keeping your upper arms in place, rotate your palms up and back as much as you can.
4. Try to keep your upper arms as still as you can, and try not to arch your back.
5. Repeat 15 times.





LOWER BODY



LOWER BODY

HAMSTRING STRETCH

TARGET AREA: BACK OF UPPER LEG

STEPS:

1. Step forward slightly with your right leg, placing the right heel on the ground with your toes pointing up.
2. 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.





LOWER BODY

CALF STRETCH

TARGET AREA: BACK OF LOWER LEG

STEPS:

1. Step forward with your right leg, keeping the toes on your left foot pointing forward (not out to the side).
2. 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.





LOWER BODY

QUAD STRETCH

TARGET AREA: FRONT OF UPPER LEG

STEPS:

1. 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.





LOWER BODY

MINI-SQUATS

TARGET AREA: UPPER LEGS/BUTTOCKS

STEPS:

1. 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.
3. 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.





TRUNK



TRUNK

HIP-HINGE

TARGET AREA: BACK/LEGS/BUTTOCKS

STEPS:

1. 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.
3. 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.





TRUNK

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.



TRUNK

A-FRAME ROTATION

TARGET AREA: BACK/SIDES/HIPS

STEPS:

1. 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.
3. 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.





TRUNK

STANDING SIDE REACH

TARGET AREA: SIDE OF TRUNK

STEPS:

1. Stand up straight with your right arm up and left hand on hip.
2. 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.



TRUNK

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.
4. 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



CONDITIONING

GLUTE-KICKERS

TARGET AREA: GENERAL CONDITIONING

STEPS:

1. Stand in an athletic position.
2. Bring your left heel up, as if you were trying to kick yourself in the glutes.
3. 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.



CONDITIONING

SIDE STEPS

TARGET AREA: GENERAL CONDITIONING

STEPS:

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





CONDITIONING

CROSSOVER STEPS

TARGET AREA: GENERAL CONDITIONING

STEPS:

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.





CONDITIONING

ARM CIRCLES

TARGET AREA: GENERAL CONDITIONING

STEPS:

1. 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.