Remember: *Always exercise under the supervision of a trained professional. Go slow and stop immediately if it hurts.*

1. Ankle stretch

• Lie on your back with your arms on your sides and legs straightened.
• Your partner should grab your right ankle and gently pull it while pushing the toes back.
• Feel the muscles from your ankles, up to your calves, behind your knees, and up to the thighs stretch.
• Hold the stretch for 30 seconds, then relax.
• Now, repeat with the left ankle.
• Repeat thrice on each ankle.

2. Hamstring stretch

• Lie on your back with your arms on your sides and legs straightened.
• Your partner should hold your right ankle and use the other hand to support the knee.
• Lift the entire leg by the ankle while making sure that the knee remains locked until the leg is 90 degrees from the floor.
• Hold this position for 30 seconds and feel your hamstrings stretch.
• Relax, get back to starting position, then repeat with the left leg.
• Do it three times with each leg.<

3. Chest opener

• Sit with your back straight and your legs stretched out in front.
• Your partner should sit behind you with his/her right knee bent on the floor and left knee to ankle against your back for your support.
• Now, raise your arms and let your partner hold them up at the shoulder level and gently pull them back.
• Feel the muscles in your arms, chest, shoulders, and upper backstretch.
• Hold this position for 30 seconds, then relax.
• Repeat five more times.

More:

Each exercise comprises a set of 5 stretches of 45 s with 15 s of rest in between.

