

# Stretching Routine

BENEFITS PERSONAL TRAINING PARTNERED WITH I CHALLENGE DIABETES

## VIDEO WORKOUT SUPPORTING GUIDE

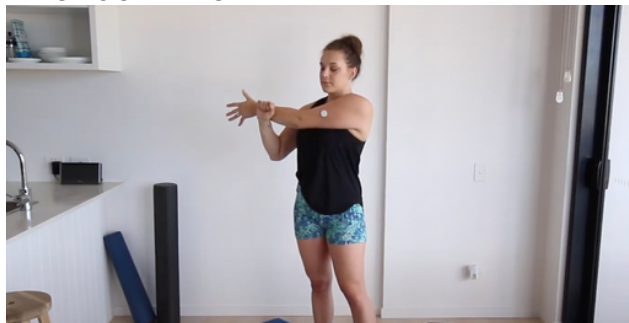
This guide was created as a supporting resource for a pre-recorded, follow-along routine. **Make sure to check it out here: <https://youtu.be/ztXaq-5GrPs>**

Below you will find a full body stretching routine. Please complete as often as you like, with the option of focusing on specific stretches relevant to you. **Spend at least 30 seconds with each stretch or movement** and try to prioritize this time with a relaxed, no rushing, mindset.

### 1. NECK



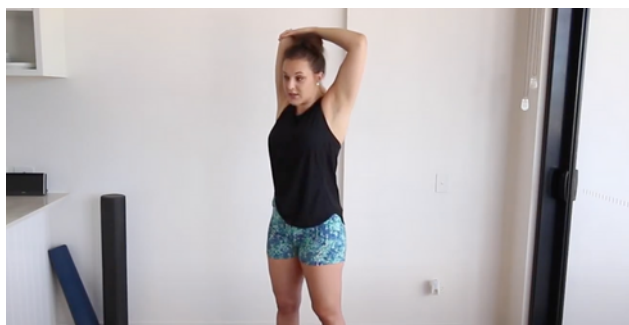
### 2. SHOULDERS



### 3. CHEST



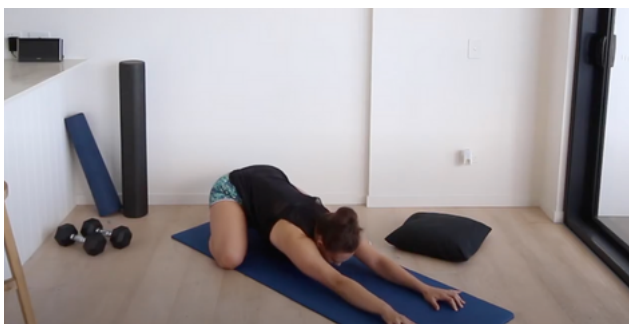
### 4. TRICEPS



### 5. CAT COW



### 6. LOW BACK



## WHAT IS A GOOD STRETCH? WHAT IS TOO FAR?

Stretching or flexibility training is not intended to be painful. For static stretching, which involves holding a stretch over a period of time, you can expect to feel mild tension. If you are ever stretching and feel pain, you have gone too far. In order to avoid injury, progress slowly through each range of motion and only move into movements as far as feels safely appropriate, not painful.

**7. GROIN STRETCH**



**8. LEGS WIDE REACHING FORWARD STRETCH**



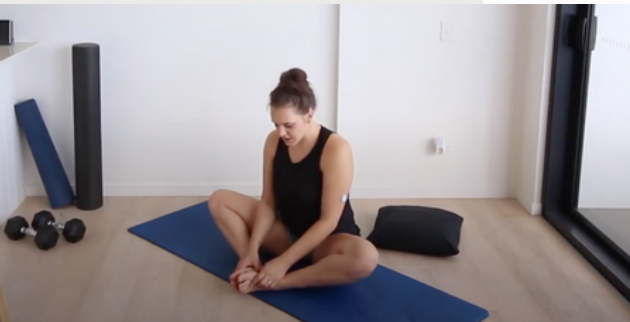
**9. LEGS WIDE SIDE REACHING STRETCH**



**10. SIDE STRADDLE STRETCH**



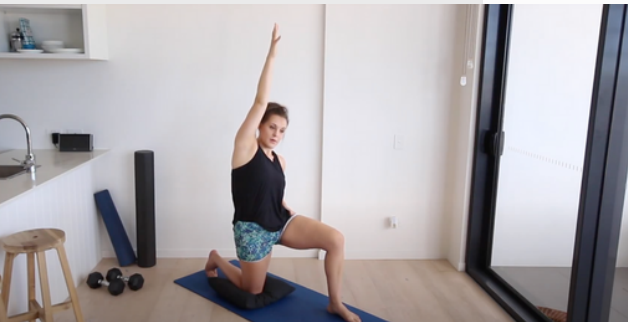
**11. BUTTERFLY STRETCH**



**12. PIKE STRETCH**



**13. ACTIVE HIP FLEXOR STRETCH**



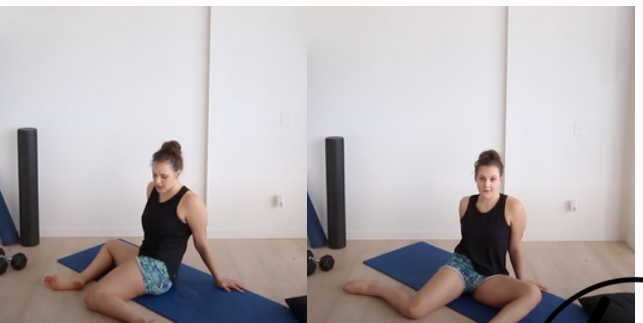
**14. PASSIVE HIP FLEXOR STRETCH**



**15. LEDGE HAMSTRING STRETCH**



**16. HIP ROTATIONS**



### 17. QUAD STRETCH



### 18. CALF STRETCH



## Hey, I'm Jenn! How wonderful to meet you!

*In case we're crossing paths for the first time...*

My name is Jenn, I'm a Type 1 Diabetic, Canadian, who loves travel, photography, good vibes, and great naps. I am the fitness, nutrition & wellness coach behind BENEFITS Personal Training.

I'll try and keep things short here.

Encouraging people to pursue their best selves is at the heart of everything I do. It's my joy to provide the knowledge, accountability, and support that you need to discover a healthy lifestyle that is nurturing, sustainable, encouraging and empowering.

I've been in business since 2013 helping people become the best version of themselves through personal fitness training, outdoor group training, and online fitness & nutrition coaching.

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