

Flexibility Exercise #1: Chin to Chest Stretch

Objective: This movement stretches your neck.

How to begin: **Always make sure you are limber before stretching by doing some light walking around.*

1. **Begin standing with your feet shoulder-width apart, flat on the floor. Take a deep breath.**
2. **Exhale as you slowly lower your chin down towards your chest. Be sure to keep your chest up tall.**
3. **Hold this position for 15 – 30 seconds, release, and repeat.**

A.



Goal:

Do ____ sets, ____ per set.

Increase to:

____ sets, ____ per set.

**Tip: You can always try this stretch seated & then progress to standing.*