



★ BASEBALL ★ STRETCHES

Don't wait until the seventh inning for a good stretch. Whether you are sitting in the stands or sitting at your desk, it's important to stretch. Stretching allows blood to flow through your body, the nutrients in the blood are being carried and spread out all throughout your body as well.

HEAD TWISTER

While relaxed with hands to sides, look left, then look forward, then look right, making your chin and shoulders parallel to each other. Spend 10 seconds on each side.



NECK BENDER

Relax, drop hands to side and alternate leaning head left and right. Spend 10 seconds in each side and do not forget to breathe.



CHIN TUCK

Keeping your shoulders squared, drop chin to your chest and hold. Breathing deeply, hold position for 20-30 seconds.



SHOULDER ROLLS

Square shoulders, drop arms to side, lift and rotate shoulders back. Repeat.



UPPER BACK

Interlock fingers and straighten arms. Push out until palms are facing outward and raise hands above head. Breathe deeply while pushing up.



BACK ARCH

In a sitting or standing position, place hands at the lower back and arch your back and lean head back while breathing deeply.

