

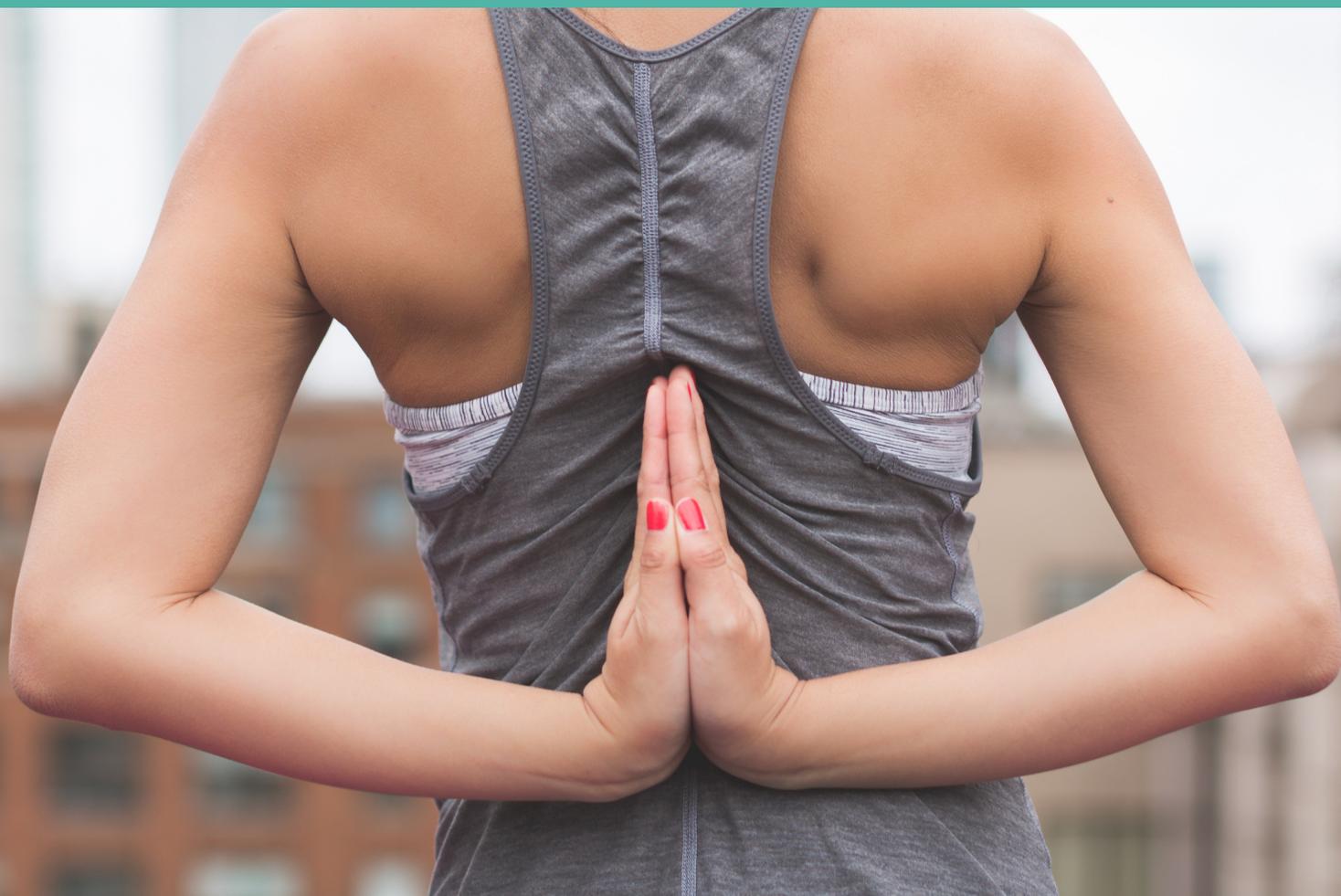
A STRETCHING GUIDEBOOK

# STRETCH SERIES MANUAL

BY KELLY BRYANT WELLNESS

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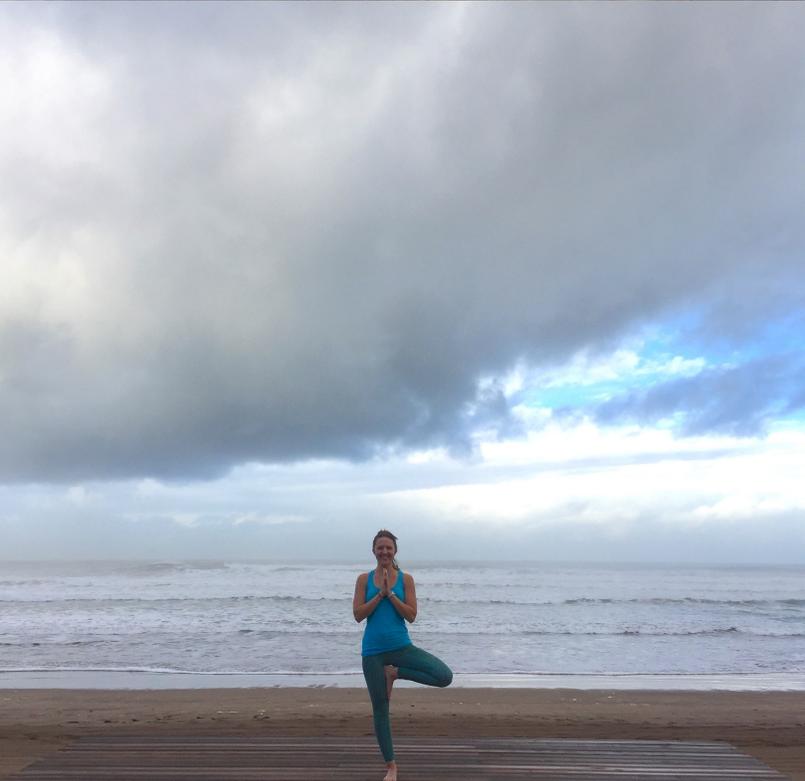
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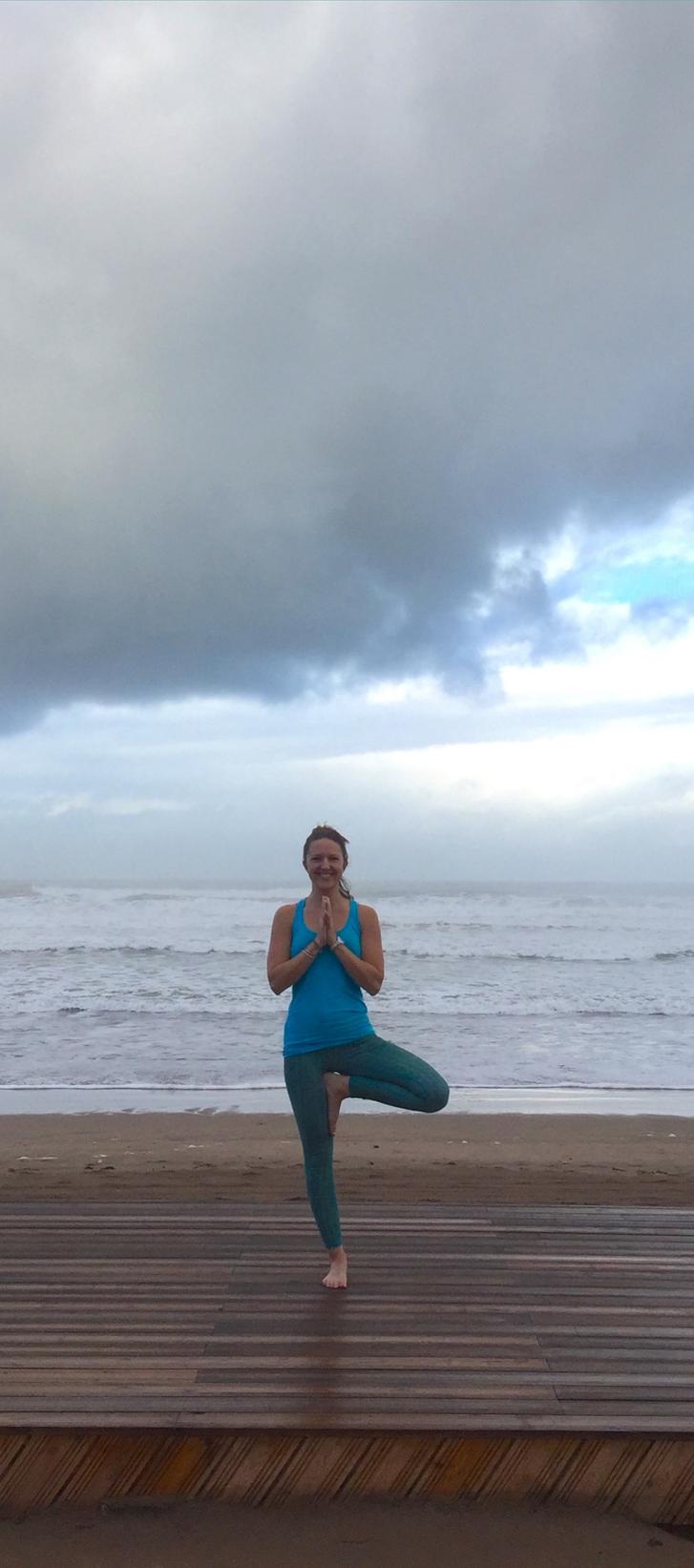
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A NOTE FROM KELLY

# Welcome



## THIS IS IT!

I made this handy little guide for you so that you would be able to take your stretches with you out from behind the screen.

This manual is not meant to teach you the stretches itself. I highly recommend going through all the videos first - perhaps more than once - before using this manual as a standalone tool.

However, once you're familiar with the stretches we do, this is a great guide to help jog your memory. When you know the sensation you're trying to create, this should have enough detail to help you get there.

A few helpful reminders:

Hold the stretches a couple minutes. (That's usually longer than it seems like.) If you don't want to start at your watch, you could use an exercise interval timer on your phone to make a noise for you every couple minutes to cue you into the next stretch.

Keep breathing! If the stretch is too intense to breathe calmly and deeply through, it's too intense. Back out and keep things at a level that you can relax into.

And that brings me to: Relax! Let your jaw and shoulders soften. Notice the places you hold tension and try to release them.

That's it - enjoy!

# Leg Stretches

## TOE STRETCH

Tuck all 10 toes under and sit back on your heels. Adjust the intensity, by leaning forward and bringing some weight off your feet.



## ANKLE STRETCH

Untuck your toes, bringing your heels together. Sit back on your heels. Reduce the intensity by leaning forward, bringing weight off your feet.



## CALF ROLLING

Place your calf on a foam block. Rock side to side on the calf muscle. Move a few inches forward or back, progressively, up the calf from knee to ankle.



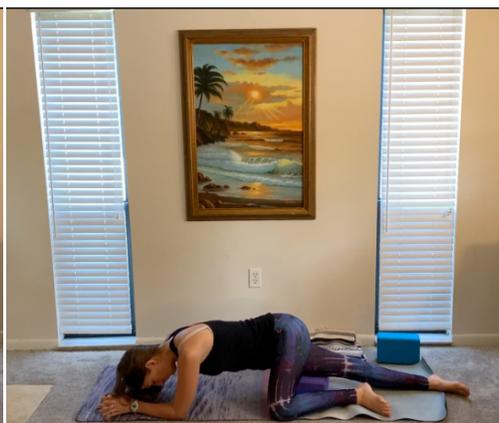
## IT BAND ROLLING

Roll onto your side and slide the block (on its lowest height) above your knee joint. Rock forward and back on the side of your leg, moving up and down from knee to hip.



## QUAD ROLLING

Roll onto the front side of your body. Rock your thigh side-to-side on the block. Move, progressively, a few inches forward on the block, moving from knee to hip.



## HAMSTRING STRETCH

Place the ball of your foot into a strap and extend your leg up to the ceiling. Slide your hands down the strap to rest your elbows on the floor.



### QUAD STRETCH

Roll to your belly. Bend one knee and reach back with your hand to hold the foot. Use a strap if you can't reach



### LUNGE

From hands and knees, step one foot forward between your hands. Relax the hips down toward the floor, releasing the back hip flexor.



### IT BAND STRETCH

From a lunge, extend your front leg and stack your body over your back knee. Fold forward and amount. Walk your hands across your straight leg to deepen the stretch.



### TWIST

Lie on your back and hug one knee in. Roll that knee across your body and place it on a block or blocks.



### SUPPORTED BRIDGE

From your back, bend your knees and lift your hips. Place a block behind your sacrum bone and rest your hips onto the block. Keep your knees bent or walk them out in front of you.



# Hip Stretches

## KNEE HUG

Hug your knee into your chest. Roll the ankle, move the toes, rock and roll your leg side to side.



## HALF HAPPY BABY

Hold onto the sole of your foot or the back of your thigh, turning the bottom of your foot to face the ceiling. Draw your knee toward the floor outside your ribs.



## FIGURE 4 STRETCH

Cross your ankle over your opposite knee. Bring your knee toward your chest either by stacking your foot on blocks or grasping behind the thigh.



## REVERSE BUTTERFLY STRETCH

Cross one thigh over the other. Reach down for your feet and ankles, drawing your feet out to the sides.



## TWIST

Keeping the thighs crossed, drape both legs to one side. Try to keep your opposite shoulder down to the ground.



## PSOAS DROP

Standing near a wall, step one foot onto a block. Relax the leg that's hanging over the floor, feeling the muscles relax and release toward the floor.



## LUNGE

From hands and knees, step one foot forward between your hands. Relax the hips down toward the floor, releasing the back hip flexor.



## PIGEON

From a lunge, slide your foot across your mat and slightly back until you can lay your shin down across the mat. Support your hip with a blanket or block and lower your chest toward the ground.



## HIP ROLLING

Sit up with one ankle crossed to the opposite knee. Lean back and to the side (toward the side of the ankle that is crossed) until you feel a deep tissue massage sensation in the hip.



## DIAMOND

Bring the soles of your feet together with your feet far enough away from your groin that you are making a square with your legs. Fold forward.



## SUPINE BUTTERFLY

From diamond, bring your heels in toward you, and then lie back onto your back. Optional: Bring a folded blanket under your upper back and/or blocks under your thighs.



# Core Stretches

## GOAL POST

Lie flat on the floor, and then elevate your head and shoulders until your back ribs rest on the ground. Open your arms to a goal post position and let them drop toward the ground, keeping the ribs down.



## BANANA POSE

Keeping the head and shoulders elevated, reach your arms overhead. Walk both feet to one edge of your mat, keeping the hips and ribs down (not rolling onto your side).



## CHEST OPENER

Roll to a fetal position on one side. Without allowing your torso to twist open to the ceiling, drop your arm behind you.



## TWIST

From a shoulder opener, start to allow the chest to open to the ceiling and the back and shoulder to come toward the floor.



## SPHINX

Roll onto your belly. Walk your forearms out in front of you to lift your chest off the floor. Relax your head onto a block.



## LOW BACK RELEASE

Lie down onto your belly, turning your head to the side. Bend your knee, sliding your inner thigh onto the floor.



### SEAL

Start from sphinx, and then press your hands down to straighten your arms. Walk your hands forward until this is a manageable intensity.



### LOW BACK RELEASE

Repeat the low back release on the second side.



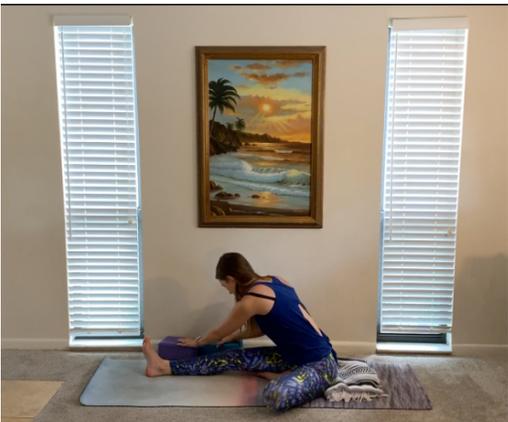
### CHILD'S POSE

From hands and knees, bring your big toes together, and press your hips back to your heels. Allow your upper body to relax. You may need a blanket behind your knees for comfort.



### SINGLE LEG FORWARD FOLD

Straighten one leg and bend the opposite knee. Walk the hands forward and across your body to the opposite side. After a few minutes, drop your elbow to the inside of the straight knee, and rotate your chest open.



### BENT KNEE FORWARD FOLD

Bend both knees deeply and reach behind your legs to hold opposite forearms or elbows. Fold over your legs and walk your feet forward until you feel a stretch.



### SUPPORTED BRIDGE

From your back, bend your knees and lift your hips. Place a block behind your sacrum bone and rest your hips onto the block. Keep your knees bent or walk them out in front of you.



# Chest & Shoulder Stretches

## OVERHEAD ARM STRETCH

Lie flat on the floor, and then elevate your head and shoulders until your back ribs rest on the ground. Reach your arms overhead and behind you, keeping the ribs down. Hold. You can support your hands with a block.



## BANANA POSE

Keeping the head and shoulders elevated, reach your arms overhead. Walk both feet to one edge of your mat, keeping the hips and ribs down (not rolling onto your side). Walk your arms in the same direction as your feet.



## GOAL POST

Open your arms to a goal post position and let them drop toward the ground, keeping the ribs down. Slide your arms forward and back, keeping them the same height from the floor.



## CHEST OPENER

Roll to a fetal position on one side. Without allowing your torso to twist open to the ceiling, drop your arm behind you.



## CHICKEN WING

From the chest opener, bend your elbow and wrap your forearm behind you. Roll onto your back, pinning your arm.



## SHOULDER FLOSSING

Sit up, holding a strap in the hands. Reach your arms forward, then overhead, then all the way behind you, keeping ahold of the strap and keeping your wrists and elbows straight.



### WRIST WARMUP

Hold a block between your hands. Spread your fingers and press gently in on the block. Roll the block up and down, side to side, and in random directions.



### PALM-DOWN WRIST STRETCH

From hands and knees or kneeling, turn your fingers to point toward your knees. Control the intensity with how much weight is pressing down on the hands.



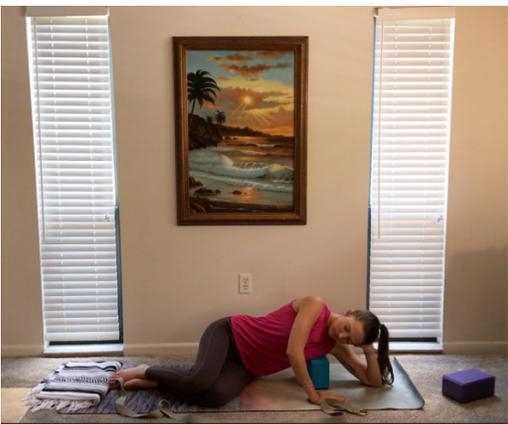
### PALM-UP WRIST STRETCH

From hands and knees or kneeling, flip the back of your hands to the floor with your fingers toward your knees. Straighten the elbows. Control the intensity with how much weight is pressing down on the hands.



### SIDE ROLLING

Lie in a fetal position with your upper body supported with one elbow. Place a block under your side with the block right in front of the edge of your shoulder blade. Rock forward and back rolling out the muscles.



### WALL STAND

Stand with your heels an inch or so in front of a wall. Bring your seat, shoulders, and head to the wall. Reach your arms overhead, keeping your body against the wall.



### COW FACE POSE

Holding a strap, reach one arm overhead. Bend that arm. Reach the opposite arm down by your side. Bend that elbow, reaching up your back to hold the strap.



### CHILD'S POSE

From hands and knees, bring your big toes together, and press your hips back to your heels. Allow your upper body to relax. You may need a blanket behind your knees for comfort.

### BLOCK CHEST OPENER

Place your block behind you, about 6 inches apart. Start with both blocks on their middle height. Lie down on them with the blocks under the center of your chest and head. Adjust the height of the blocks as needed.

### BRIDGE

Lie on your back with your feet on the floor. Press your heels into the floor, and roll your spine off the floor one vertebra at a time. Roll down. Repeat.



# Head & Neck Stretches

## JAW MASSAGE

Lying on your back, roll both knees to one side. Turn your face the opposite direction. Bring your hand to your jaw and gently massage the muscle just in front of your jaw joint.



## REAR NECK STRETCH

Bring your back and shoulders flat to a wall. Drop your chin to your chest.



## SIDE NECK STRETCH

Drop your head to one side. Optional: Bring the opposite hand over your head to grasp gently around your ear and cheek.



## REAR NECK ROLL

Roll the edge of a blanket, and bring it over your shoulders. Roll your neck to the side and back.



## NECK LOUNGER

From a lunge, stand up on your back knee. Interlace your fingers behind your head. Gripping the base of your skull with your thumbs, lift the head up and back, reclining your head back as in a lounge chair.



## SLUMBER PARTY

Starting from sphinx, bring your palms under your chin and walk your elbows forward to stretch the front of the neck. Relax your jaw and tongue.



### TEMPORAL MASSAGE

Lie on your belly with one knee bent to the side. Bring your fingers to your temporal and slide your fingers back an inch to find the temporal muscle (it should move if you open and close your jaw). Gently massage.



### JAW ROLLS

Sitting, roll your jaw in circles both side to side and forward and back.



### EYE STRETCH

Scrunch your eyes closed and open them wide. Roll the side to side, up and down, and in circles.



### BRIDGE

Lie on your back with your feet on the floor. Press your heels into the floor, and roll your spine off the floor one vertebra at a time. Lift your chest to your chin.



### SUPPORTED BRIDGE

From your back, bend your knees and lift your hips. Place a block behind your sacrum bone and rest your hips onto the block. Keep your chin tucked toward your chest to stretch the back of your neck.



*Thank you!*

For additional questions or support, email  
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