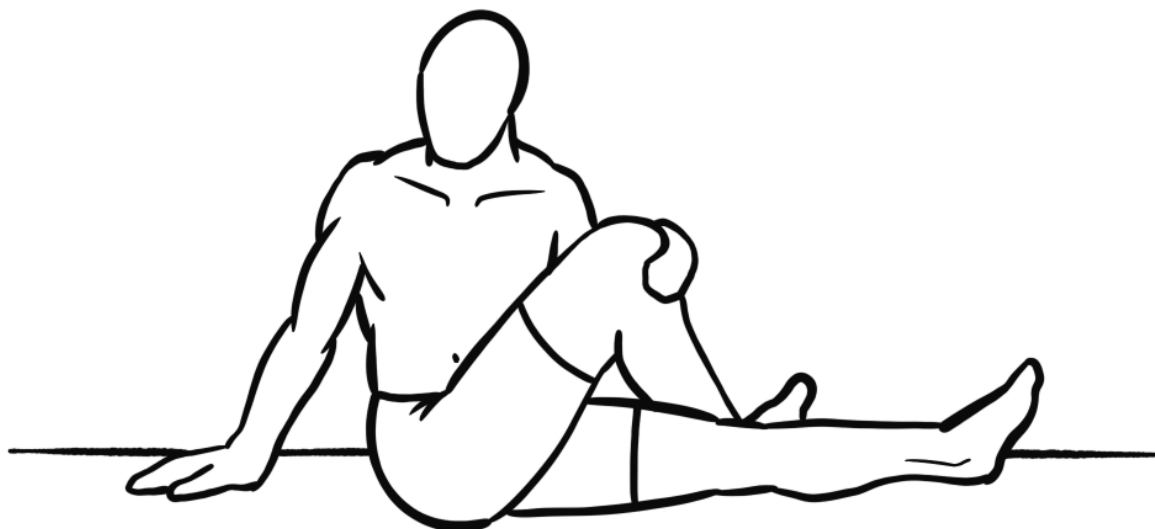


# Total Body Blueprint

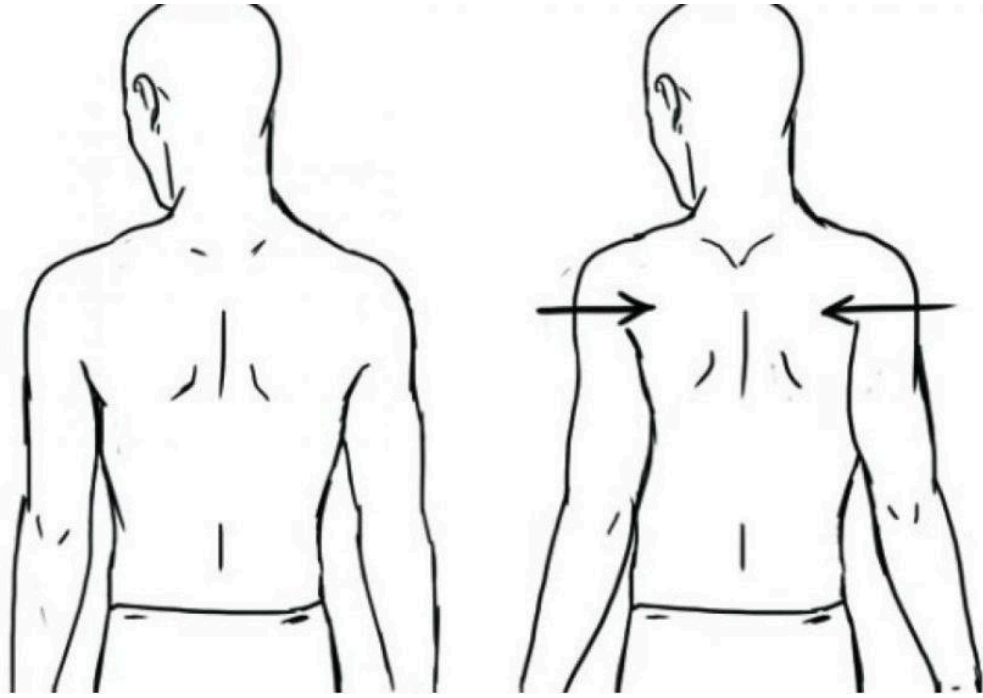
*For Therapists, Caregivers, and  
Adaptive Wellness*

## Essential Safety Guidelines

Rule	Description
No Bouncing	Use static stretches. Bouncing (ballistic stretching) can cause micro-tears in aging tendons.
The 4/10 Rule	On a scale of 1–10, the "pain" or "pull" should never exceed a 4. It should feel like a "mild tension," never sharp.
Breathe Deeply	Exhale as you move into the stretch. Holding your breath increases blood pressure.
Duration	Hold each stretch for 20–30 seconds to allow the muscle fibers to actually lengthen.



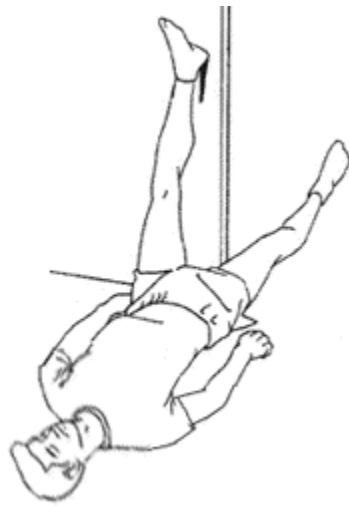
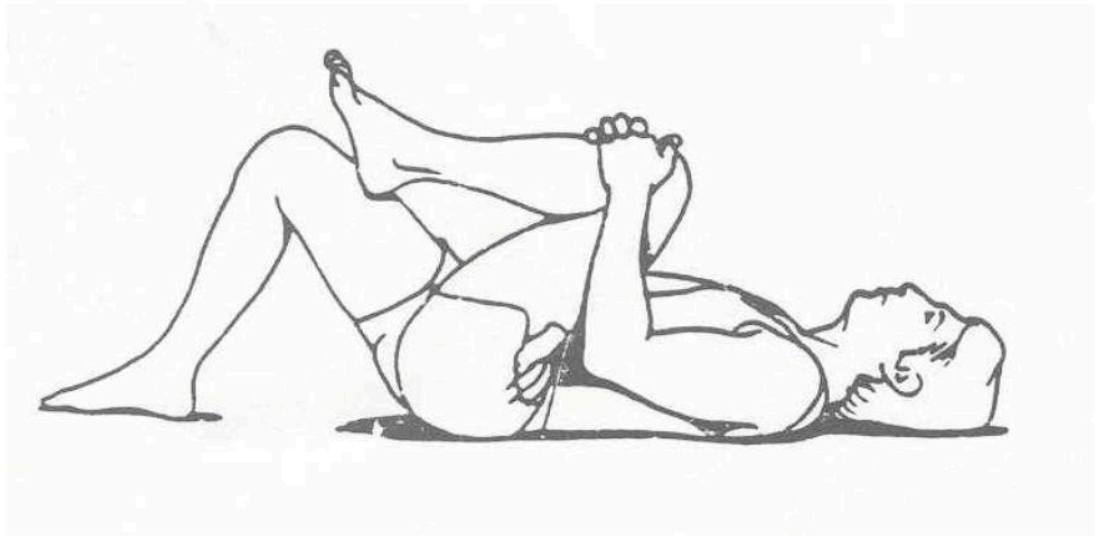






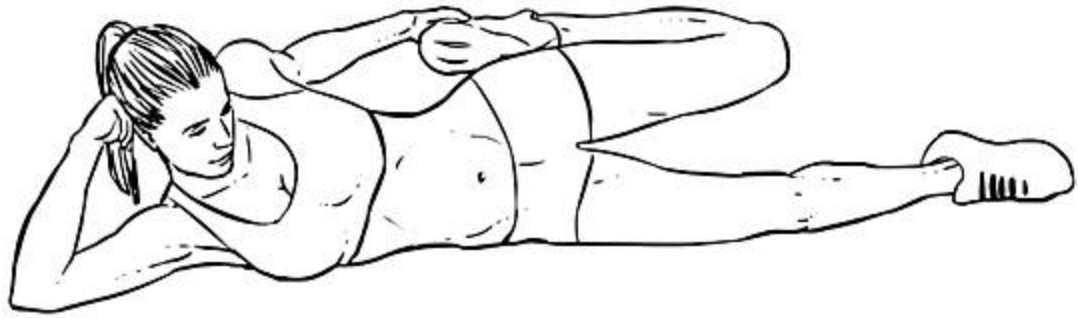


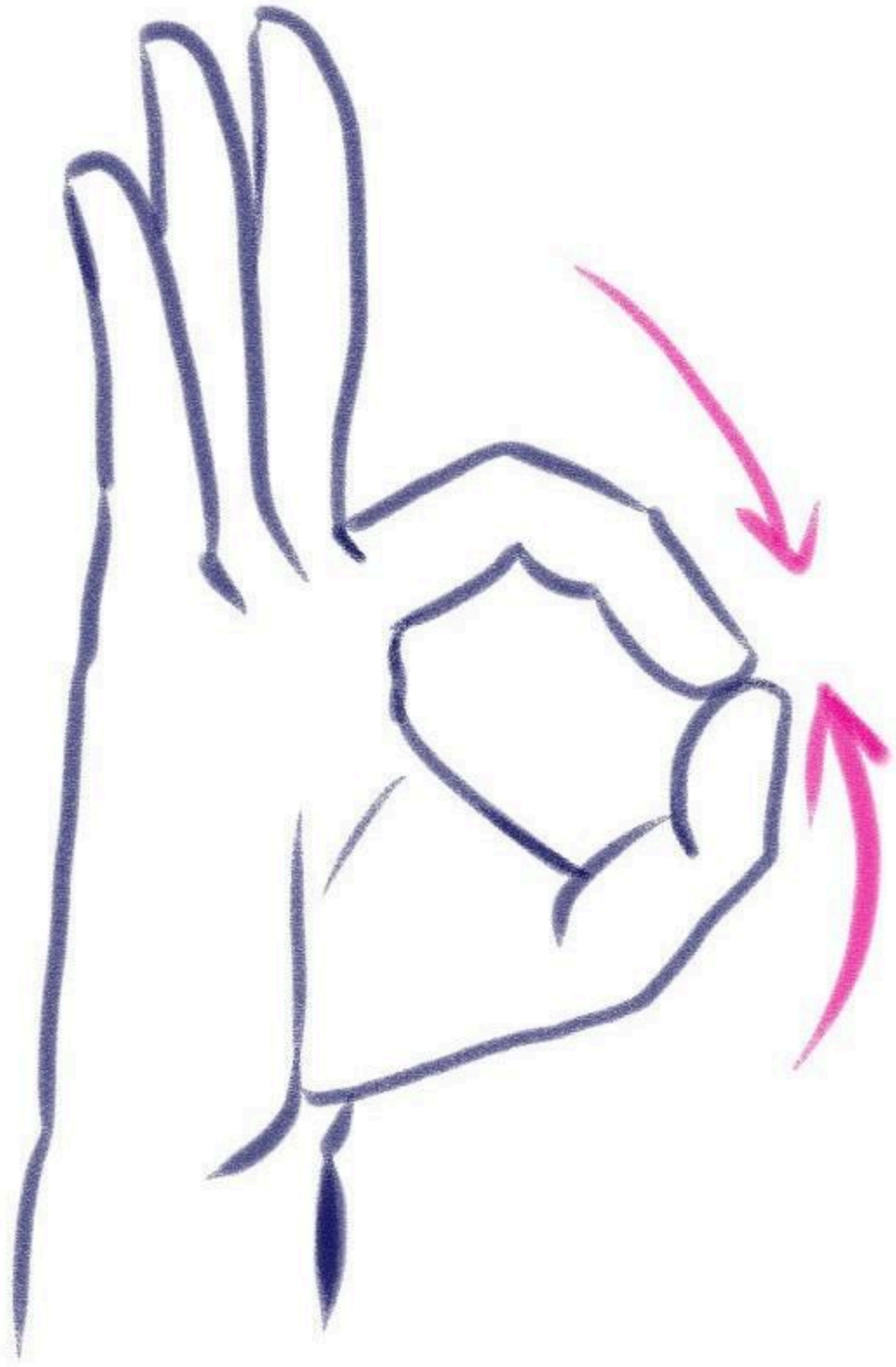




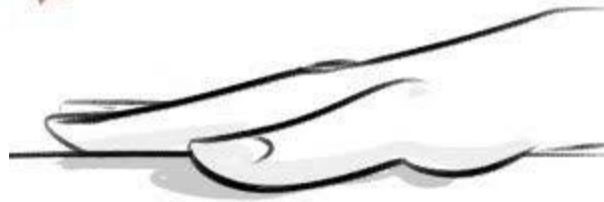






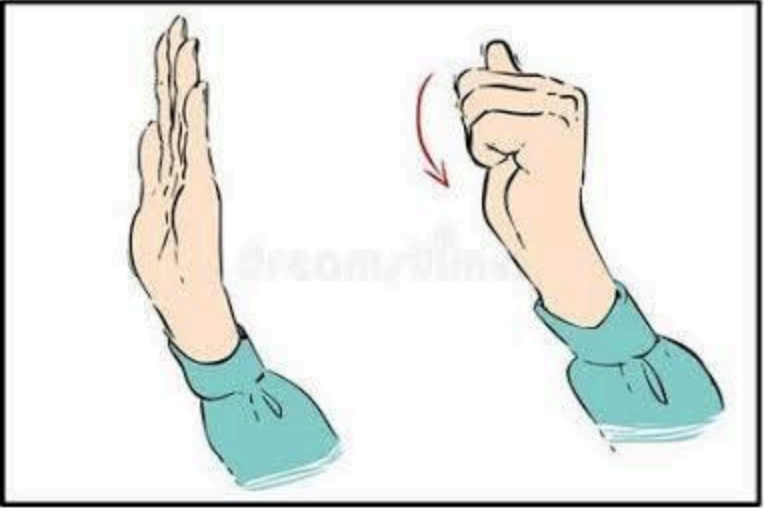
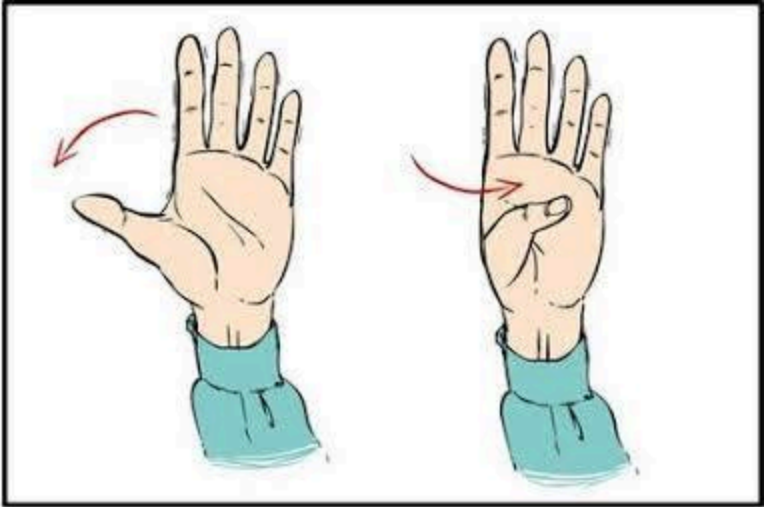


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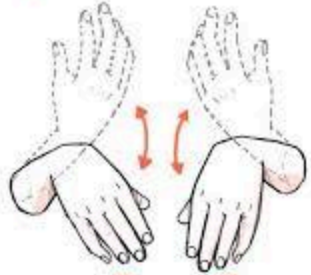
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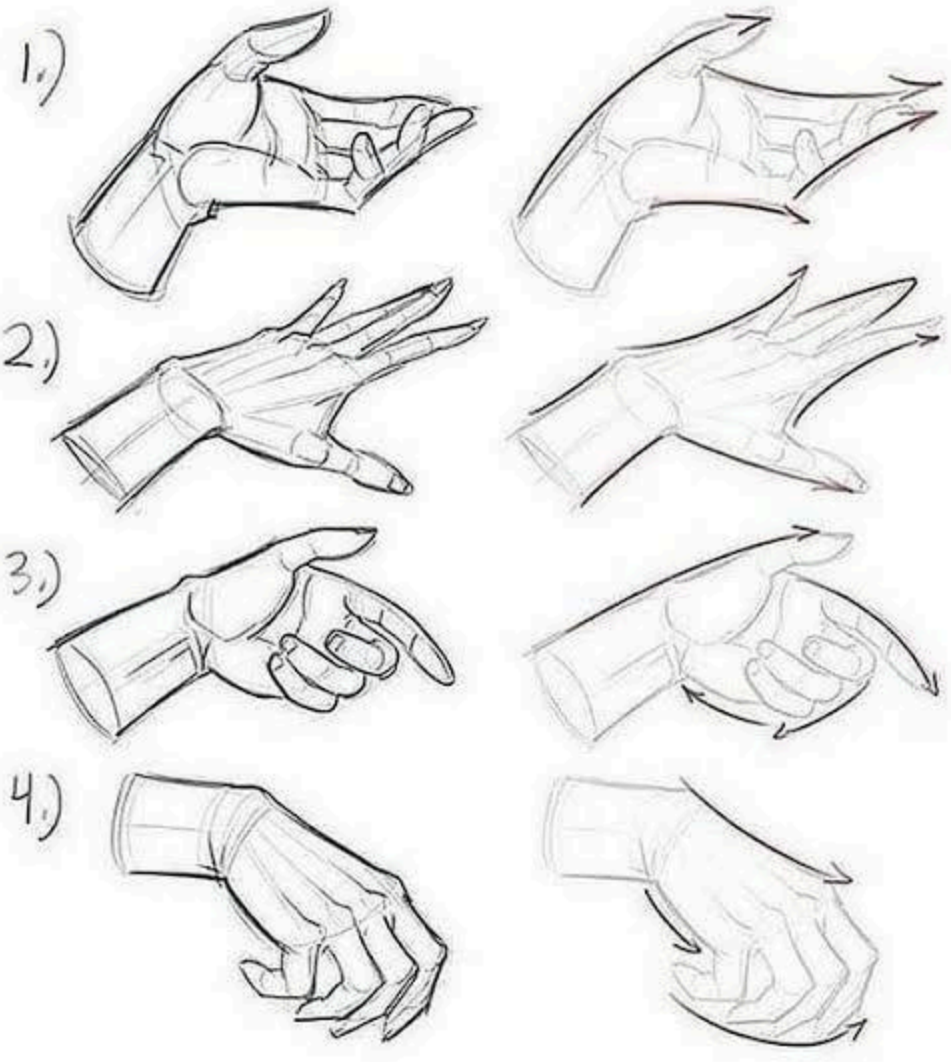


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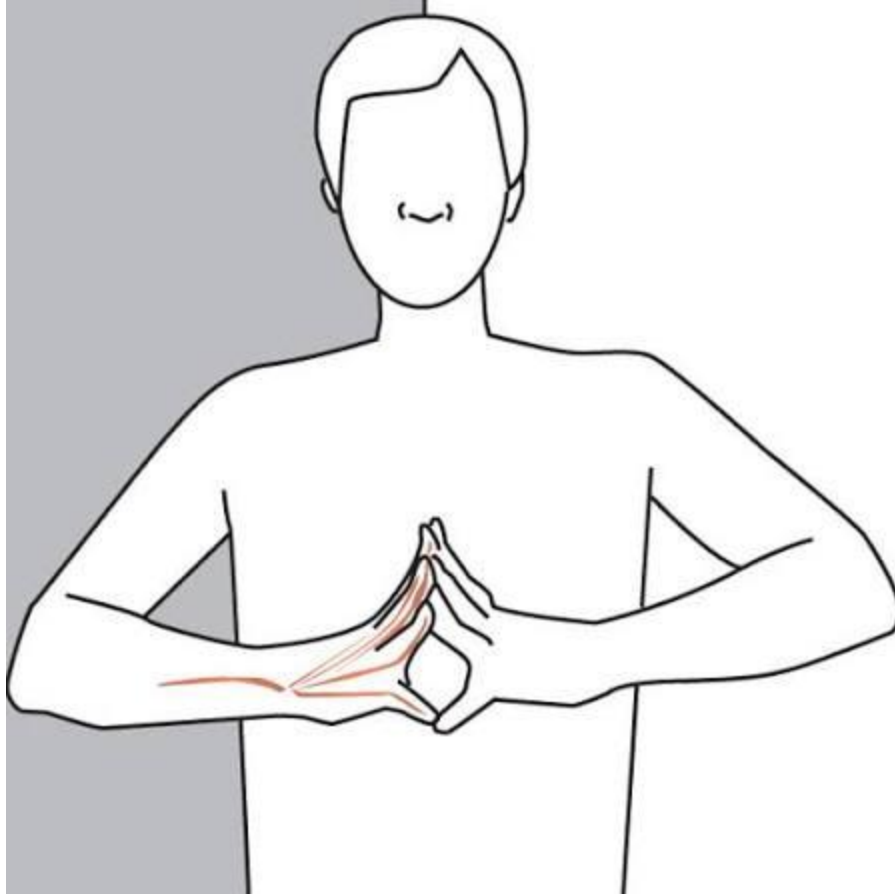
# MAKE TIME TO STRETCH!

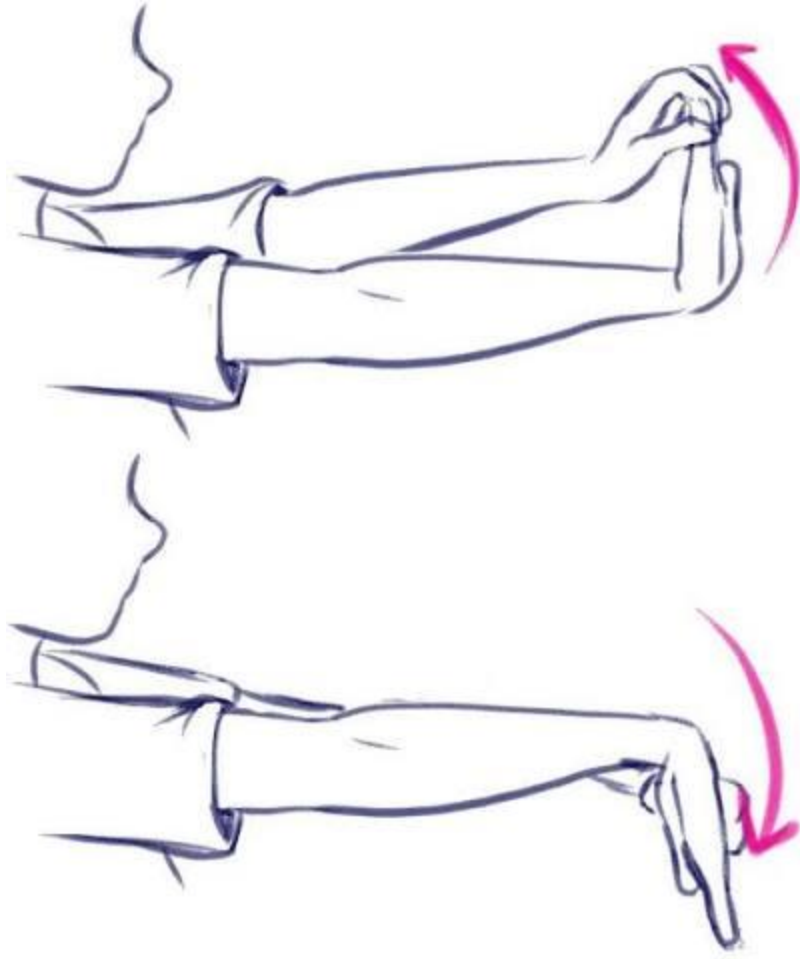












# 8 Easy Morning Stretches

Start your morning feeling refreshed and energized with these 8 easy stretches. You don't even have to get out of your bed!



**Spinal Stretch**  
6 Breaths



**Crossed Legs - Forward Fold**  
5 Breaths



**Puppy Pose**  
5 Breaths



**Lying Hamstring Stretch**  
3 Breaths Each Leg



**Crossed Legs + Spinal Twist**  
3 Breaths Each Side



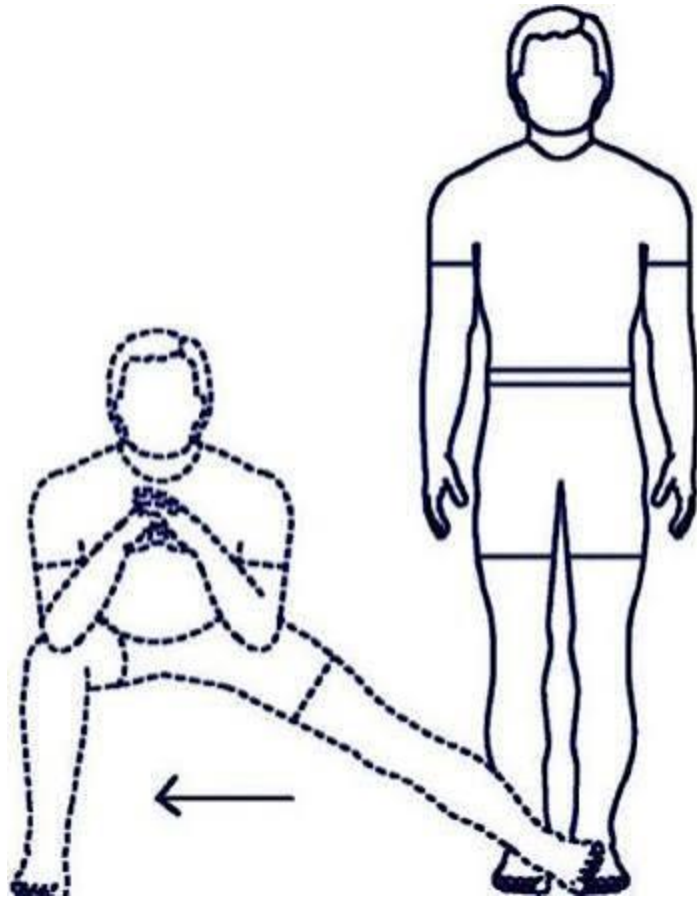
**Pigeon Pose**  
3 Breaths Each Side



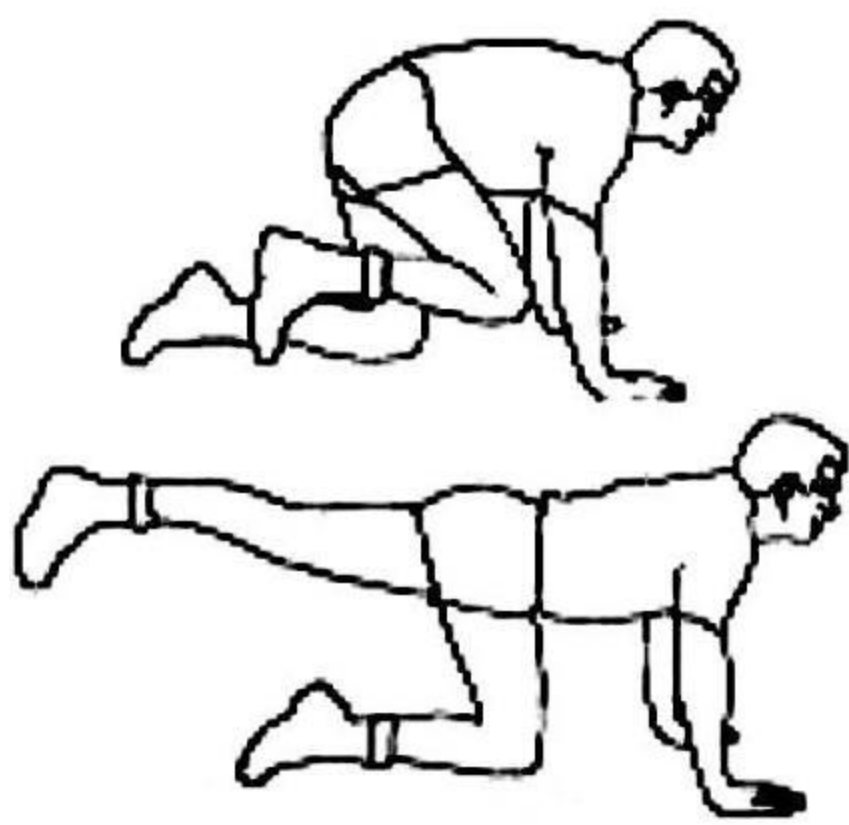
**Bent Over Leg Stretch**  
5 Breaths



**Lying Breathing Exercise**  
3 Breaths

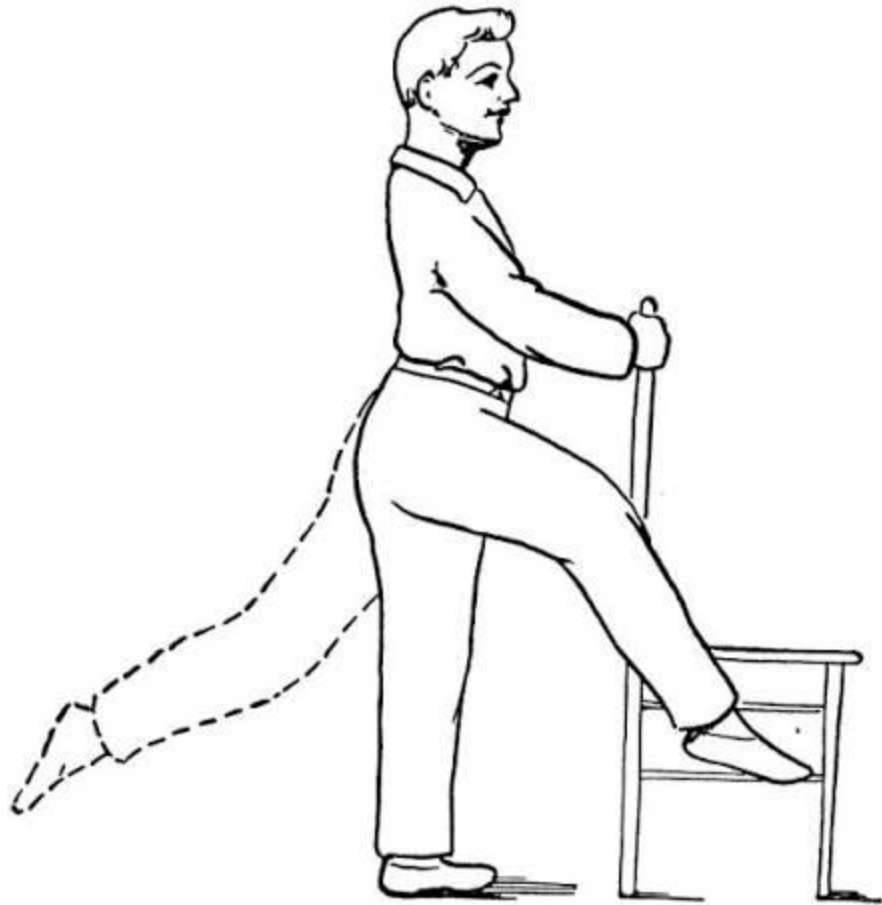




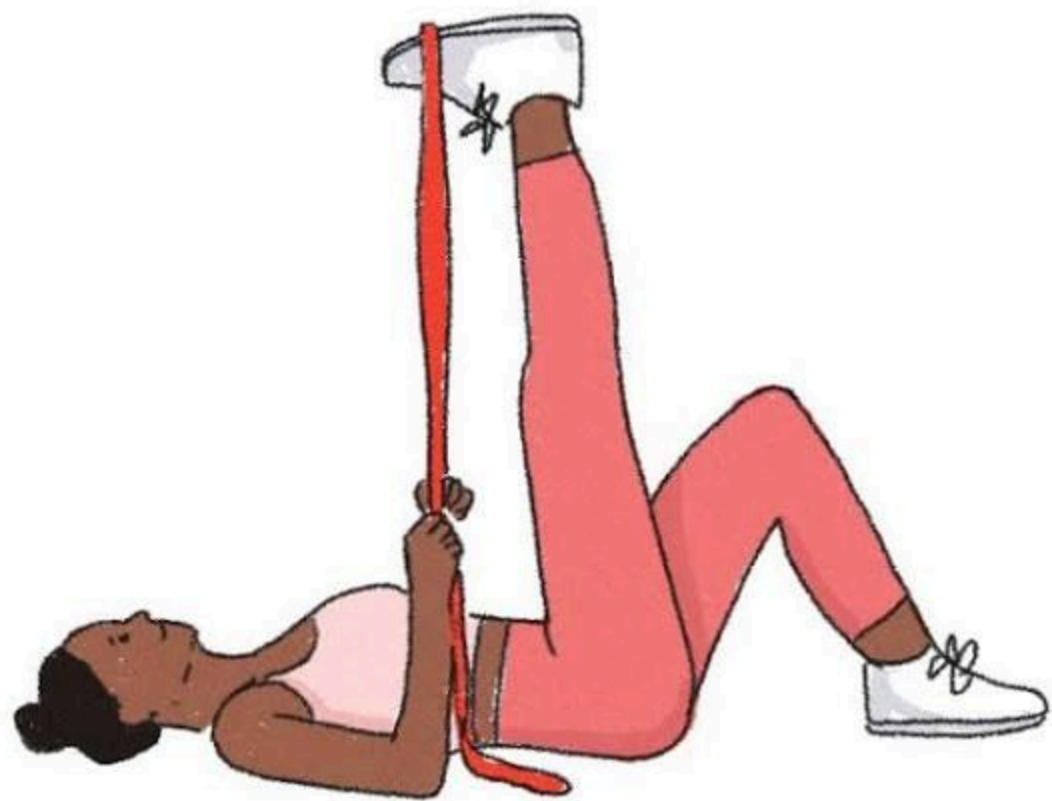


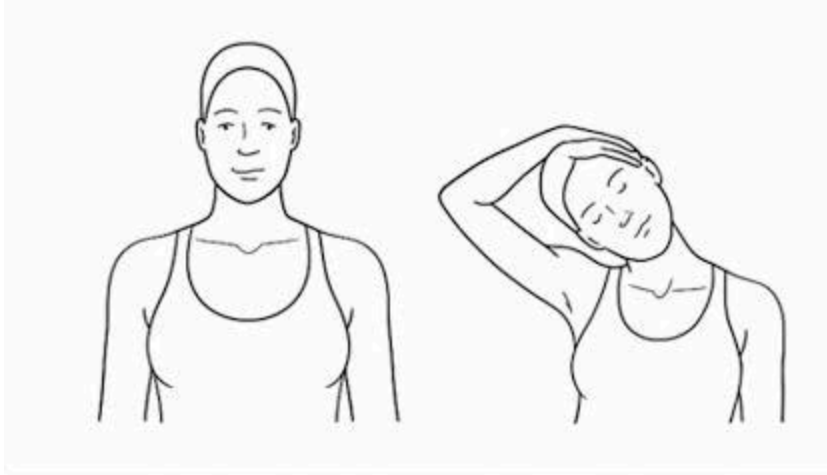
**Vector Editable EPS file**

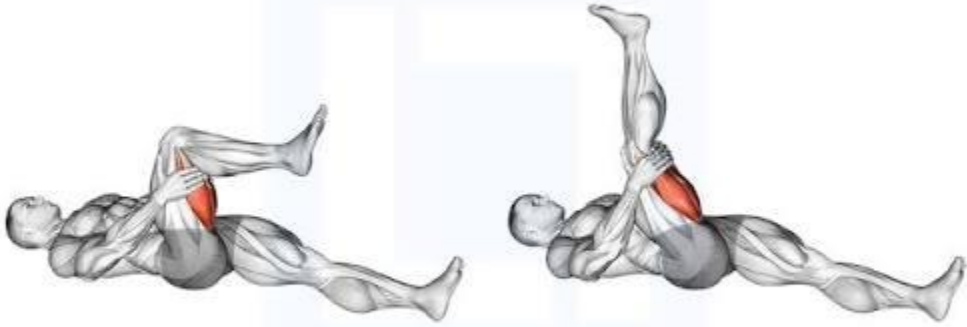














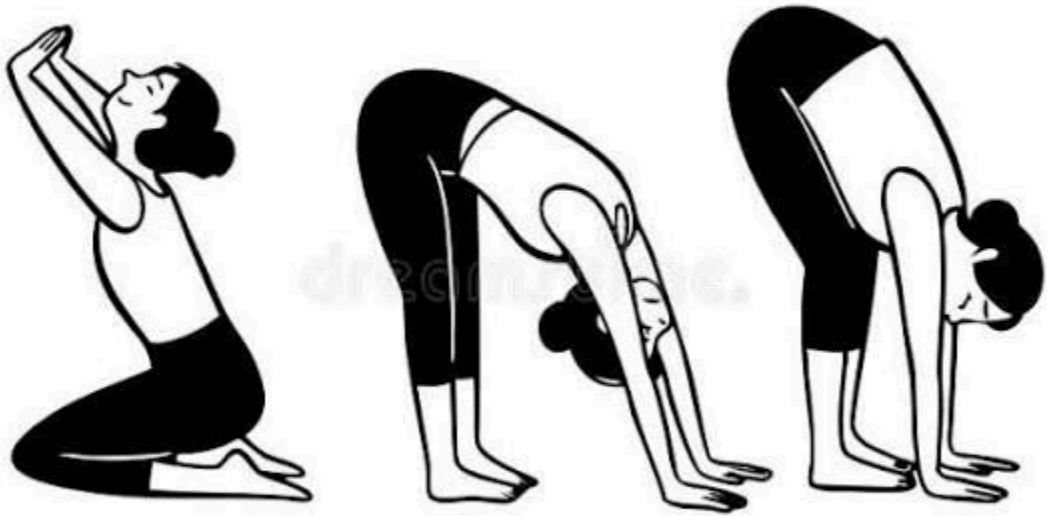
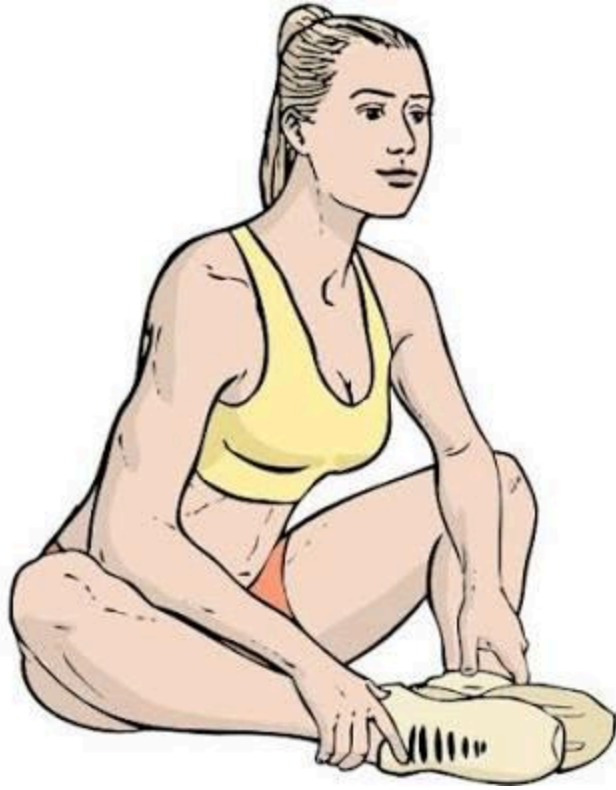
**Seated Hamstring  
Stretch**





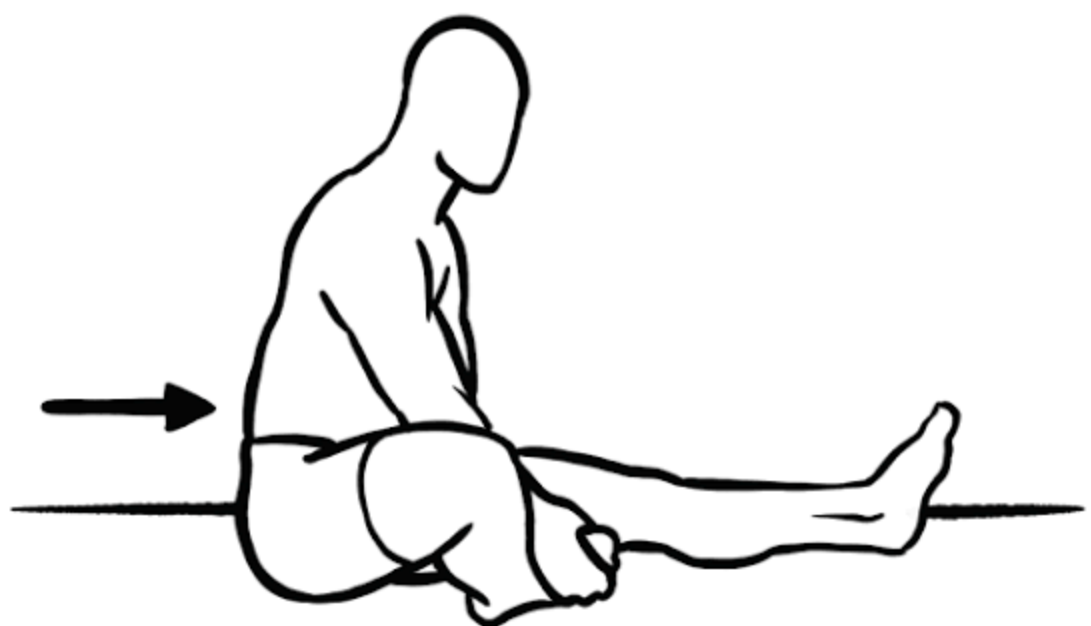
**Seated  
Hamstring  
Stretch**





Spotobi.com



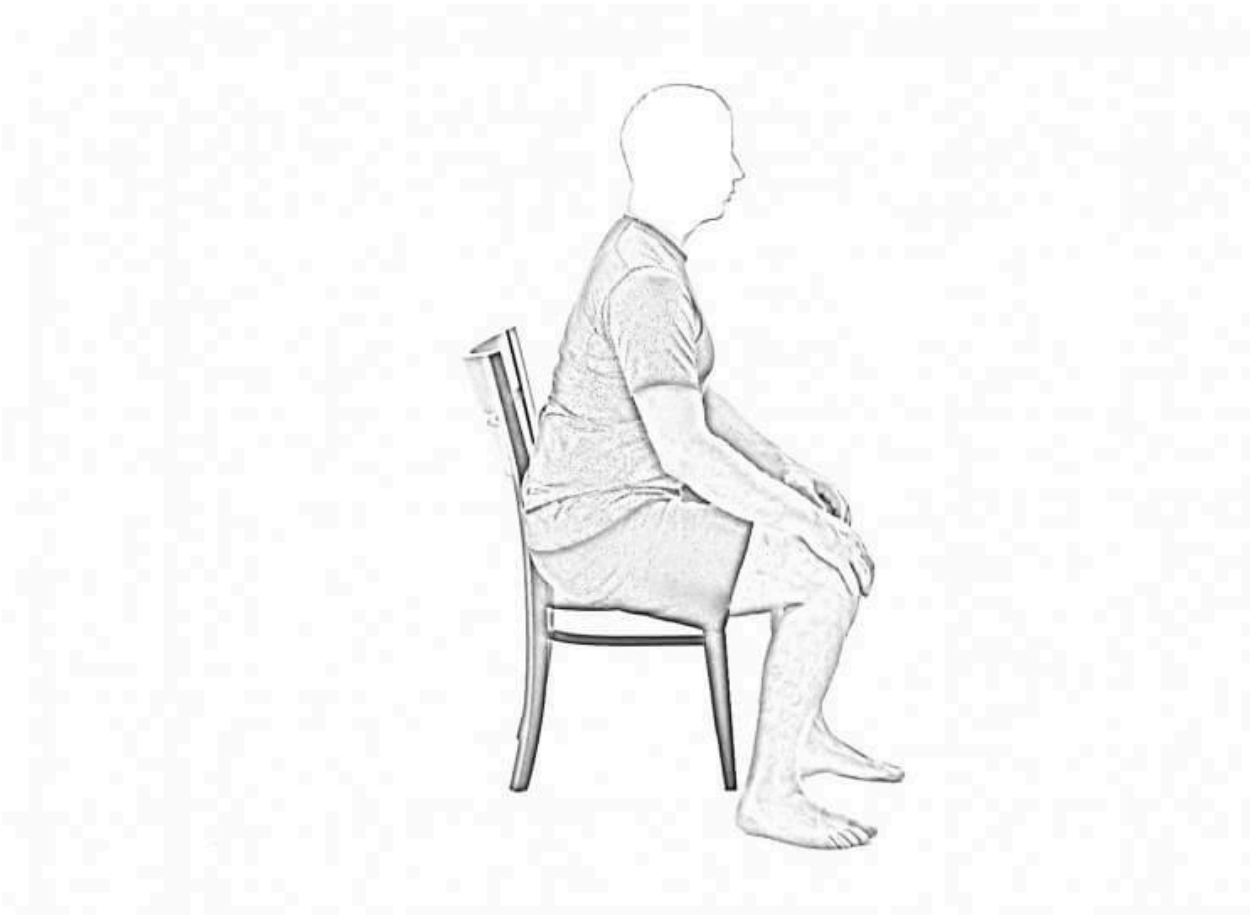




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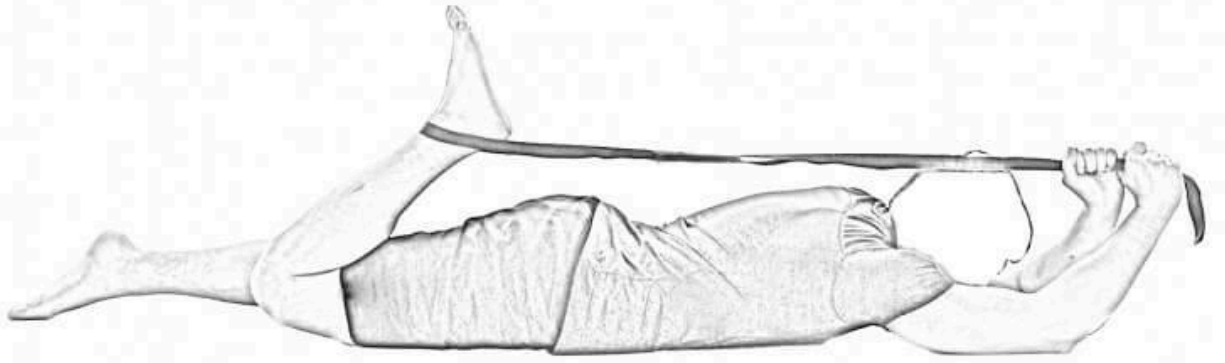


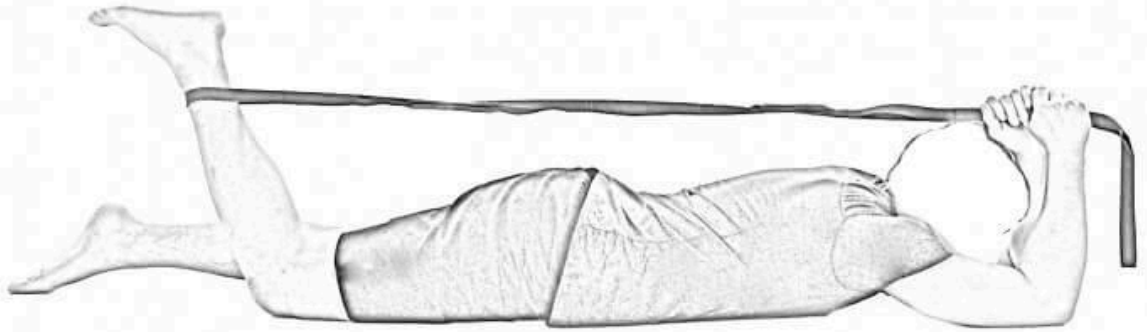












7. SEATED LEG EXTENSION & CURL



Seated Leg Extension/Curl

8. SEATED DOORWAY CHEST STRETCH



Doorway Chest Stretch

15. STANDING WALL CALF STRETCH



Wall Calf Stretch

16. SUPINE HAMSTRING STRETCH



Supine Hamstring Stretch

17. SEATED SPINAL TWIST



Seated Spinal Twist

9. SEATED CALF RAISE & ANKLE CIRCLES



Seated Calf Raise & Ankle Circles

SUPPORTED SEATED HIP FLEXOR



Supported Seated Hip Flexor

18. GENTLE WRIST & HAND EXTENSION



Seating Wrist & Hand Extension

19. STANDING QUADRICEPS STRETCH



Standing Quadriceps Stretch

20. SUPPORTED SEATED CHIN TUCK



Seated Chin Tuck

7. SEATED LEG EXTENSION & CURL



Seated Leg Extension/Curl

SIDE-LYING CHEST STRETCH



Side-Lying Chest Stretch

8. GENTLE SIDE-LYING PECT STRETCH



Seated Calf Raise/Ankle Circles

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor

9. SEATED CALF RAISE & ANKLE CIRCLES



Seated Calf Raise & Ankle Circles

SUPPORTED SEATED HIP FLEXOR



Supported Seated Hip Flexor

11. SEATED SHOULDER CIRCLES



Seated Shoulder Circles

12. SEATED BACK RELEASE



Seated Back Release

7. SEATED LEG EXTENSION & CURL



Seated Leg Extension/Curl



Side-Lying Chest Stretch

8. GENTLE SIDE-LYING HIP PECT STRETCH



Seated Calf Raise/Ankle Circles

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor

9. SEATED CALF RAISE &



Seated Calf Raise/Ankle Circles

10. SUPPORTED SEATED HIP FLEXOR STRETCH



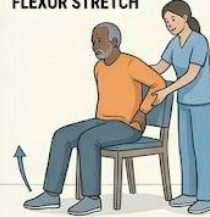
Supported Seated Hip Flexor

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor

7. SEATED LEG EXTENSION & CURL



Seated Leg Extension/Curl



Side-Lying Chest Stretch

8. GENTLE SIDE-LYING HIP PECT STRETCH



Seated Calf Raise/Ankle Circles

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor

9. SEATED CALF RAISE &



Seated Calf Raise/Ankle Circles

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor

10. SUPPORTED SEATED HIP FLEXOR STRETCH



Supported Seated Hip Flexor



**YOGA FOR  
OFFICE  
BREAK**



*Seated Twist*



*Seated Figure 4*



*Seated Cat*



*Cow Face Clasp Hands*



*Bound Angle II*

