

This is a fifteen minute stretch to use before exercising;

Begin your stretching session by loosening up your **Neck and Upper shoulder muscles**. Gently but firmly tilt your head all the way to the right. Breathe evenly and deeply; Hold for 15 seconds;
Now, tilt your head all the way to the left for 15 seconds;
Back to the Right; Hush for 15 seconds;
And back to the Left; Hush for 15 seconds;

Move your head in a circular, clockwise motion for 20 seconds;
Reverse direction for 20 seconds;

Next, stretch your **shoulders and arms**. Pick up your racket and grasp the middle of the grip with your right hand. Touch your back with the racquet by fully bending your right arm with your forearm close to your right ear and the racquet flat against your back.
Grasp the head of the racquet at its lowest point with your left hand.
Gently pull down on the racquet so that your right elbow points straight-up.
Pull with your right arm until you feel your right shoulder being stretched;
Hold for 20 seconds;
Switch arms so your left elbow is pointing straight-up;
Stretch for 20 seconds;

Perform **overhead stretch** by extending your arms straight up, crossing your wrists, and lacing your fingers together.
Stretch your arms high and slightly backward.
Gently bend a few inches to your left; Hold for 10 seconds;
Bend back to your right; Hold for 10 seconds;
Slowly lower your arms and rest for 15 seconds;

Repeat the overhead stretch, crossing your wrists in the opposite direction.
Bend to the left; Hold for 10 seconds;
Bend to the right; Hold for 10 seconds;

Stretch your **Lower Back and Hips** by lying on the ground with your knees bent and your feet flat.
Extend your arms to the side, palms up.
Cross your right ankle just outside of your left knee.
With your right leg, try to pull your left leg toward the floor while keeping your upper body flat on the ground;
Hold for 20 seconds;
Release and relax for 10 seconds;
Reverse your legs so your left ankle is just outside your right knee.
Stretch by twisting to the left;
Hold for 20 seconds;

Repeat to your right side for 20 seconds;
Repeat to your left side for 20 seconds;

Use a wall to stretch your **Calf muscles and Achilles tendon**.
Stand two to three feet from a wall.
Extend your arms at shoulder height and place your palms flat against the wall.
Move your right foot straight back two or three feet.
With your right knee straight and heel on the ground, bend your left knee, and lean your body towards the wall until you feel the calf of your right leg stretch;
Hold for 20 seconds;
Switch the position of your legs to stretch your left calf;
Hold for 20 seconds;

Repeat the stretch of the right calf, holding for 20 seconds;
Repeat the stretch of the left calf, holding for 20 seconds;

Repeat this stretch on the right side, but this time bend your right knee slightly and lift the heel two inches off the ground to get a deeper stretch in the lower calf and tendon; Hold for 20 seconds;
Repeat this variation for the left calf, bending the left knee slightly and lifting the left heel off the ground; Hold for 20 seconds;

Next, stretch the **Hamstring** muscles along the back of your legs;
Sit on the ground with both legs straight out in front of you, toes pointing up.
Bring the bottom of your left foot up, until it rests on the inside of the right leg, just above the knee.
Keep your back straight, fold forward with both hands reaching for your right foot, keeping the right knee straight, but not locked;
Hold for 20 seconds;
Slowly switch sides and stretch the left hamstring; Hold for 20 seconds;
Relax for 10 seconds;
Repeat the stretch for your right leg; Hold for 20 seconds;
Switch sides and repeat the stretch for your left leg; Hold for 20 seconds;

Complete this warm-up by stretching your **Quads**;
Stand with your feet together. Raise your right foot behind you, towards your buttocks. Grasp your foot with your right hand. Gently but firmly pull your foot towards your buttocks. To deepen the stretch, tilt your pelvis slightly forward;
Hold for 20 seconds;
Switch to your left leg and stretch your left quad for 20 seconds;
Relax for 10 seconds;
Repeat Quad stretch with your right leg; Hold for 20 seconds;
Repeat Quad stretch with your left leg; Hold for 20 seconds;

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