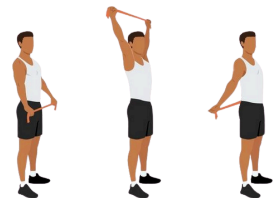


DEALING WITH RESISTANCE?

try these stretches!



Chest Opener

Stand with your feet shoulder width apart and hold the band at each end in front of you. Keeping your arms straight, lift both arms up and rotate your arms back behind you while continuing to grip both ends of the band. Hold for 15-30 seconds.



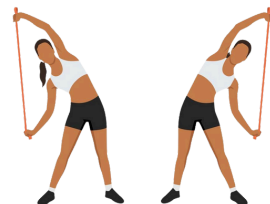
Hamstring

Lie on your back and loop the band around your foot. Slowly stretch your leg up, keeping the opposite leg bent with your foot flat on the floor. Extend as far as you can go until you feel a stretch in the back of your extended leg. Your extended leg does not need to be straight. Hold for 15 - 30 seconds.



Upper Back

Sit on the floor and extend your legs straight out in front of you. Loop the band around your feet and hold the ends shoulder width apart. Pull the band to create tension and gently round your back away from your feet. Hold for 15-30 seconds.



Side Bend

Stand up straight a little more than hip width apart. Extend your arms overhead while stretching the band as much as possible. Bend at your waist to one side while keeping your arms extended and band stretched. Hold for 15-30 seconds on each side.

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to see the most up to date
wellness resources and
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