

Stretch for Success: 7 Essential Pre-Shift Moves



**20 Arm Circles (20 Front +
20 Back)**

1



10 Toes to Sky

2



10 Straight Arm Crossovers (R+L = 1)

3



10 Lateral Reach (10 R / 10 L)

4



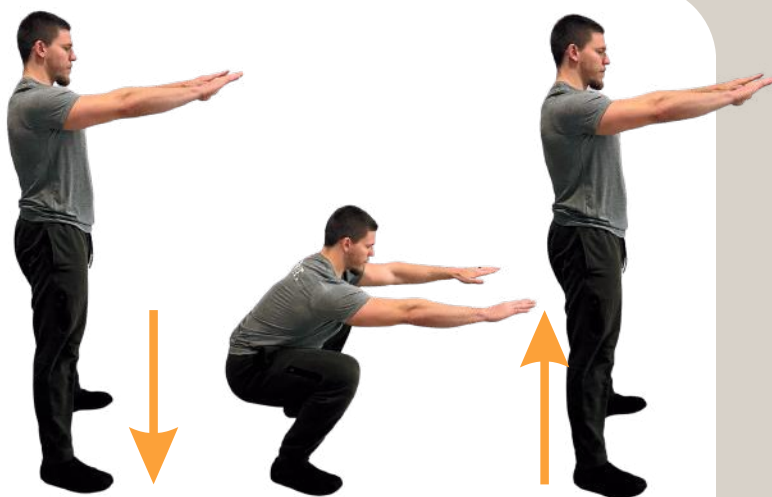
10 Hip Circles (R 10 / L 10)

5



10 Knee Hugs (R 10 / L 10)

6



10 Air Squats

7

EARN IT.