

GLS Wellness Stretching Routine

**\*\*\* Please hold each stretch for 10 seconds**

* **Point your toes**
* **Pull them back**
* **Chin to the knee (right & left)**
* **Quad stretch (right & left)**
* **Back stretch (right & left)**
* **Crunches (15)**
* **Push-ups (10)**
* **Shoulders**
* **Hand behind your head (right & left)**