Finally Thin Forever Signature Stretches

Tina McDermott
DISCOVER WHOLE BODY FREEDOM

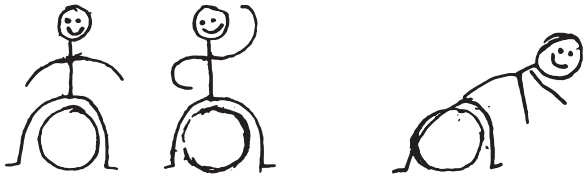
Take three deep breaths for each stretch

Chin Tucks (Stand against wall, lift elbows shoulder height and push against wall, tuck chin) 2 sets of 15

Modified Back Bend (sit on ball, walk forward with your back hugging the ball, stretch arms to the side and relax your head)

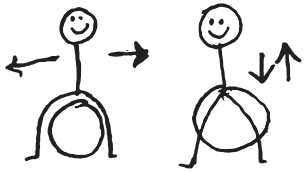
Neck Stretch - Lay on bench or on floor with be der ball and hand neck while streching arms to the saides (work up to 15 minutes 3x per week or 7 minutes per day)

Forward Bend Relax over Ball (decompresses spine)



Hip Rotation with Stretches

Happy Baby Stretch (reach between knees, grab feet and pull towards your chest)



Pelvic Tilts side to side and fowrad and back

Hip Twist on Mat (arm to one side, knee to other side)

a) Center	b) Sides	c) Thread the Needle
(Sit on heels, knees apartarms on ball, stretc torso **Child's Pose (stretch shoulders and lat muscles)**		(thread one arm through other, palms up)

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