A Stretch for Every Finger

With the advent of the curling season (yay!) and the need to rake up fallen leaves from the yard (boo!), my arms are due for a workout. To make sure I don’t get injured, here’s a recap of 5 basic arm stretches that everyone should know!

1. Biceps
   Sit on the floor and reach behind you, placing your hands flat on the floor. Scoot your butt forwards until you feel a stretch in the front of your upper arms.

2. Triceps
   Reach up with one arm, and then bend your arm at the elbow behind your neck as though you are scratching your back. Use your other hand to grab your elbow and pull across, deepening the stretch.

3. Deltoids
   Stretch one arm across your chest, keeping it straight at the elbow, and pull it towards your body with your other forearm. As usual, the more you pull, the deeper the stretch!

4. Wrists and Forearms
   Hold one arm out straight with the palm facing up. Use your other hand to gently pull back your fingers until you feel a mild stretch. Hold it for 20 sec, then release. Repeat, but with your palm facing down.

5. Chest
   Outside the gym, muscle movement is hardly ever isolated—so when you use your arms, you’re often also using your pectoral muscles as well. To stretch them, place your hands and forearms flat on the sides of an open doorway and bend your arms at 90°. Lunge forwards slightly and slowly until you feel a gentle stretch in your chest.

Second image: http://www.netfit.co.uk/articles/fitness_articles/tricep_stretch.htm
Bottom image: http://www.infinitesportstherapy.com/posture/