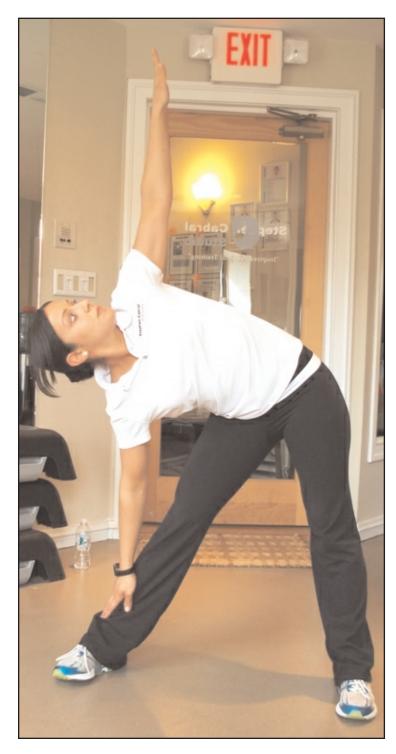
## **TTT Stretch of the Month**

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 30 to 60 second static hold of the body weight Windmill Stretch. Repeat on the other side.



## Windmill Stretch

## How To:

- 1. Stand up straight
- 2. Place your feet wider than shoulder width apart spaced about 3 feet
- 3. Raise your left arm up in the air beside your head
- 4. Place your right hand on the side of your thigh
- 5. Keeping your right hand on your right leg the while time slowly reach down that leg
- 6. Look up towards your left arm
- 7. Try to create a straight line with both arms
- 8. Keep your entire body in alignment
- 9. Don't let your hips fall backwards
- 10. Keep your knees straight, but unlocked
- 11. Slowly breathe in and out through your nose
- 12. Feel the stretch along your left side, under your armpit, at the top of your hips, through the mid-back & on the inside of your thigh.