



Advanced hip stretches

Your body has worked hard for you during your workout!

It's time to begin replenishing your body so it will recover well and be ready for your next workout. Stretching will also decrease muscle soreness also

know as DOMS ~ Delayed Onset of Muscle Soreness.

Stretching will give your muscles a chance to elongate while being fed clean oxygen through relaxed breathing while stretching. Remember, stretching will increase your flexibility and range of motion in your joints at all ages!



*Upper body...
Yadda yadda...*



with Mena Westhaver
Professional Skating Instructor
'Striding' for Excellence