

THE OFFSHORECREW STRETCH

1



Neck stretch
(roll + side-to-side + chin to chest)

2



Shoulder stretch

3



Wrist stretch
(extension + rolls)

4



Side bent stretch

5



Chest stretch (with twists)

6



Hamstring stretch

7



Tree pose

8



Yogi squat

9



Triangle pose

10



Forward fold w/ swing



30 sec x 10 = 5 min total