



Remote
Health

Course Materials

Quick full-body stretching

Get your whole body moving



Contents

- **Stretching exercises for seven different body areas**
 - **Neck muscles**
 - **Shoulder muscles**
 - **Chest muscles**
 - **Lateral abdominal muscles**
 - **Gluteal muscles**
 - **Hip flexors**
 - **Calf muscles**

**All movements should be held
for at least 30 seconds!**



1 Neck muscles

- Slowly tilt your head to one side
- Look ahead
- Actively pull your shoulders down to increase the stretching effect
- Repeat on the other side



2

Shoulder muscles

- Right arm stretched
- Left arm pulls right arm towards upper body
- Keep shoulders down
- Repeat on the other side



3 Chest muscles

- Cross your arms behind your body
- Bring shoulder blades together & pull shoulders down



4 Lateral abdominal muscles

- Sit upright
- Turn your upper body to the side & place your arms on the outside of your thighs



5 Gluteal muscles

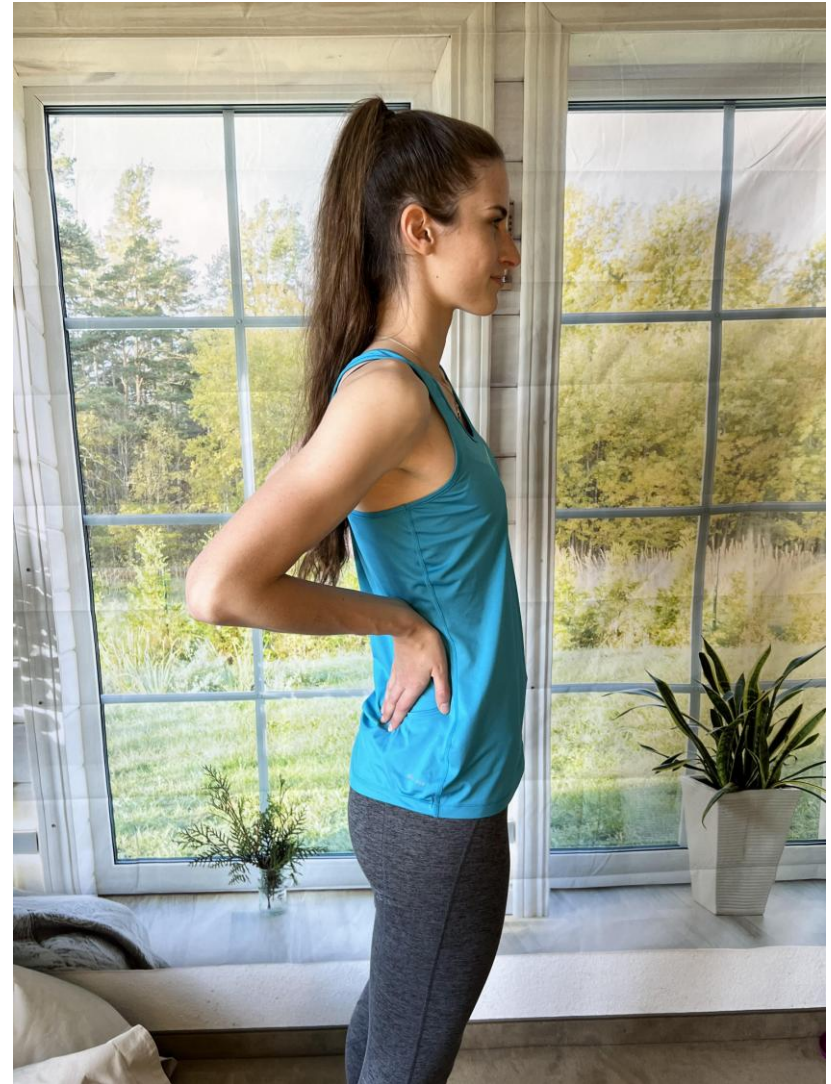
- Sit upright
- Place the ankle of the right leg on the left thigh
- Bend your upper body slightly forward
- Repeat with the other leg



6

Hip flexors

- Stand upright
- Slightly push your pelvis forward



7

Calf muscles

- Sit upright
- Place one heel on the floor with your leg straight
- Pull toes towards body
- Repeat on the other side



Sources:

1. Schad, N.; Kaufmann, K. et al. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Brochure, Technical University of Munich]. <https://drive.google.com/file/d/14WWBSzSyGuRIlg9sC2lc85tmfYm2A1qd/view?usp=sharing>

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Authors: Nele Schad, Dorothea Mössnang et al., Students of Health Sciences

Editorial, design und photographs: Zvonimir Jelic, Student of Health Sciences,
Technical University of Munich

Model: Lana Schneider, Student of Health Sciences,
Technical University of Munich

Editorial and design: Sonja Sammer, Joy of Learning –
Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.

Translation: Lulu Jiang, M.A., Joy of Learning –
Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.

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