



CROSS-BODY ARM STRETCH

- Place: Indoor or Outdoor
- Equipment: Comfortable clothes
- Optional: Towel or Yoga Mat

Directions

- Stand with your back straight and your legs double shoulder-length apart.
- Reach your right arm across the front of your body, keeping your elbow straight.
- Grasp your right arm with your left hand, just above the elbow.
- Pull your right arm in toward your body until you feel a stretch along the back and side of your right shoulder
- Try to hold the stretch for 30 seconds before switching sides.



When TRYing stretches, the most important thing to remember is to pay attention to and respect your body. Stretching should never feel painful. If a stretch feels painful, that's a sign that you have taken it too far, and need to back off. When done correctly, stretches can be a fantastic way to release stress year-round. Which stretches will you TRY next?

Always get your parents' help or permission before attempting this move.
(You never know, they may want to join you!)



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