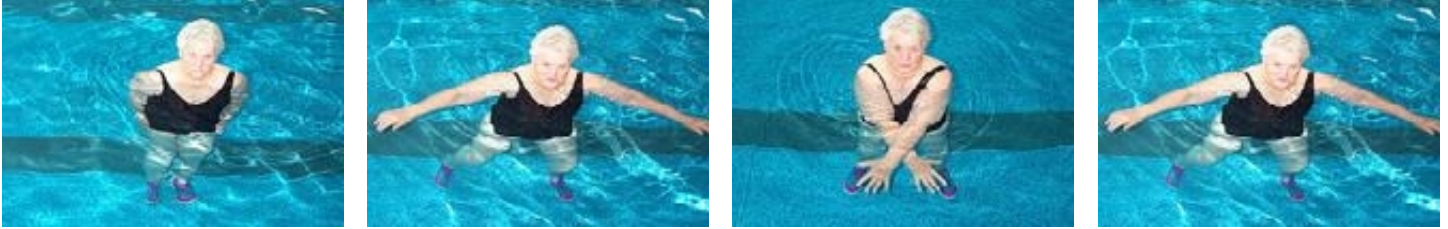


Side Step Criss Cross Arms

These exercises stretch targeted muscle groups encouraging greater flexibility and range of motion.



Begin with your feet together and your arms down by your sides. As you take a step to your left with your left foot, extend your arms out to your sides to full extension at chest level, hands palms down. As you take a step to your left with your right foot, pull your arms down and toward each other, passing closely to the front of your thighs. Pass your left arm over your right arm and continue the arm sweep as far as comfortable to the opposite sides. Return your arms along the same path to full extension out to the sides and step right with your right foot. Step right with your left foot and repeat the downward pull, but pass your right arm over your left arm. Repeat the exercise for 30 seconds.

Variations

Lower and raise your arms forward instead of to the sides.

While your arms are out to your sides, turn your palms up and turn them down before starting the downward arm motion.

Open close fists when your arms are out to your sides.

Do a squat (one leg or two) when your arms are out to your sides.

Do a squat when your arms are criss crossing.

Add a pause at the end of each arm motion.

Lift your fingertips toward the ceiling when your arms are stretched out to the sides.

Criss cross your arms behind your back.

Perform the same exercise alternating your arms front to back.

For an increased challenge add wrist circles, letters, numbers, or figure eights at the peak of each sweep.

Travel sideways for a distance with the same foot leading and return along the same path with the opposite foot leading.

Stand with your feet together and move only your arms.

Travel forward while criss crossing your arms.

Travel backward while criss crossing your arms.