BROWN® BAG FILMS

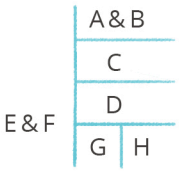
ESSENTIAL STRETCHES FOR ANIMATORS

LEG STRETCHES

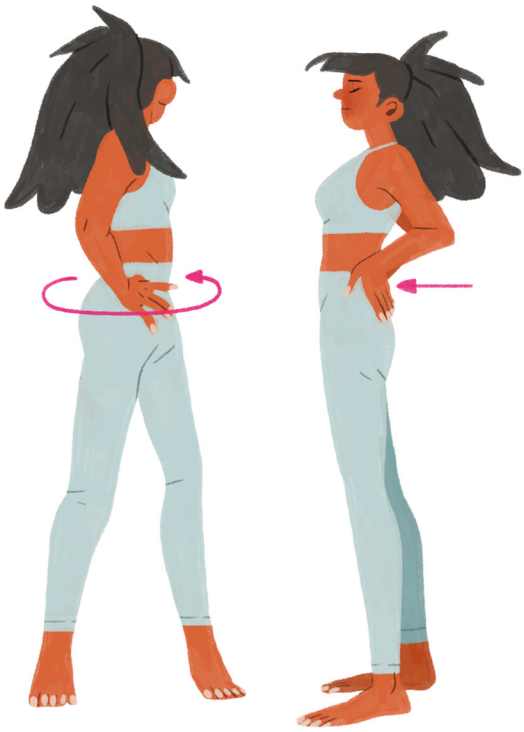
A	B	C
D	E	F

A: 15-20 seconds each leg
B: 15-20 seconds each leg
C: 20-30 seconds
D: 10-15 seconds each leg
E: 10-15 seconds
F: 15-20 seconds each leg

BACK STRETCHES



A&B: 5-10 seconds 5 times
C: 5 seconds 2 times
D: 10-15 seconds
E&F: 10-20 seconds each leg
G: 10-15 seconds
H: 10-15 seconds



NECK STRETCHES

A	B		
C	D	E	F

A: vertical wrist and
shoulder stretch, 3 breaths
B: horizontal wrist and
shoulder stretch, 3 breaths
C: back arch, 3 breaths 3 times
D: shoulder shrugs, 1 breath 4 times
E: seated spinal twists,
2 breaths 3 times per side
F: prayer wrist stretch rotations,
1 breath 4 times per side