

# Posture & Balance, Nordic Walking, Strengthening, and Stretching Routine: Additional Stretches

**Upper back stretch** – Hold onto the poles with your hands shoulder width apart, raise your arms in front of you to shoulder height. Round your shoulders and reach forward until you feel a stretch in your upper back. For a deeper stretch, drop your chin to your chest.



**Shoulder stretch** – Bring one arm across your chest and place your other hand on your upper arm. Gently hug your arm closer to your chest until you feel a stretch in the back of your shoulder. Switch arms and repeat on the other side.

**Triceps stretch** – Place your palm between your shoulder blades on your upper back with your elbow pointing upwards. Place your other hand on your elbow and gently pull it until your elbow is pointing directly upwards. Switch arms and repeat on the other side.



**Calf stretch on wall** – Step forward with one leg and prop your foot up against a wall with your toes pointed up. Both legs should be straight, but do not lock your knee. For a deeper stretch, lean into the wall. Switch legs and repeat on the other side.

**Inner thigh stretch** – With a wide stance, grip the poles in front of you for support and lean to one side until you feel the stretch on your inner thigh. Be careful not to lock the knee of your straight leg. Switch and repeat on the other side.

