

# Tee-Ball Stretch & Exercise – 2004

## Jumping Jacks

- Start with feet together & hands at sides
- On 1<sup>st</sup> jump hands go up & feet apart
- On 2<sup>nd</sup> jump return to starting position
- Repeat 10 times

## Toe Touches

- Feet apart, bend at waist, eyes looking at ground
- Arms straight out from shoulders
- Keep head still & rotate arms so one is up & one down.
- Rotate the other way
- Repeat 15 times

## Spider Pushups

- Feet apart & stand upright
- Put hands on ground & weight on hands
- Walk hands out until in pushup position
- Do one pushup
- Walk back on hands to starting position
- Repeat 3 times

## Arm Circles

- Feet apart & elbows straight
- Rotate arms forward with arms brushing past ears
- Repeat 10 times slowly
- Switch directions & repeat 10 times slowly
- Try one arm each way 5 times slowly

## Elbow Pulls

- Bring left elbow in front of neck with left hand on right shoulder
- Put right hand behind left elbow and pull toward right shoulder
- Hold for 5 seconds, rest for 5 seconds, repeat three times
- Switch sides and repeat

## Elephant Stretch

- Lock hands in front of body in reverse grip
- Bring hands high over head keeping elbows close to head
- Lean to left bending at waist and hold for 5 seconds
- Lean to right and hold for 5 seconds
- Repeat 5 times

## Flamingo Stand

- Stand on left foot & grab right foot with right hand
- Bent knee points toward the ground
- Hold for 5 seconds
- Switch sides
- Repeat 3 times

## Light Bulb Turn

- Stand on toes reaching right hand as high as possible
- Turn hand clockwise 10 times the counter clockwise 10 times
- Switch hands
- Repeat 2 times

## Mountain Climbing

- Start in Push-Up position with hands close to each other
- Stretch on leg out & bend the other at the knee
- Weight on balls of both feet
- On command "Switch" reverse positions of legs. Pause between switches.
- Then do 10 switches in a row with out pausing