

## Song Stretch

### Possible Movements

Exercises may be substituted or repetitions (reps) may be decreased or increased depending on each client's abilities.

#### Warm-up (approximately 5 minutes)

<b>Shoulder Rolls</b>	Roll shoulders back (3 reps), then roll forward (3 reps).
<b>Arm Stretches</b>	Stretch arms out to the side, and flip so that palm is facing up, then down (3 reps). While still stretching out left arm, bring right arm across body and reach out to the left. Hold for 3 seconds, then switch so that right arm is held out to right side, and left arm stretches toward the right. (3 Reps).
<b>Back Stroke</b>	Bring arms down to sides, then one at a time, slowly circle arms up and back as if swimming (3 reps on each side).
<b>Hip Rotations</b>	Place hands on upper thighs. Move knees out to the sides, by rolling the foot from flat to on its side, and then bring knees back in so that they touch, placing feet flat on the floor again (5 reps).
<b>Leg stretches</b>	Walk the feet out to the side until they are hip length apart. Place hands on inner thighs, and while keeping back straight, lean forward until hands touch knees or below knees. Sit up straight again (2 reps). While legs are still stretched out, bring one arm up and over the head, stretching toward the opposite side. Rotate sides (3 reps). Walk feet back in
<b>Toe/Heel Taps</b>	With feet firmly planted on the floor, keep heels planted while lifting then tapping toes. (5 reps). Next, keep toes planted while lifting then tapping heels (5 reps). Repeat once.
<b>Neck stretches</b>	Turn neck so that the head is facing right, hold for three seconds, bring back to center, then face the left, holding for three seconds (5 reps). Drop right ear to the right shoulder, hold for three seconds, then raise. Drop left ear to the left shoulder, hold for three seconds, then raise. (5 reps).

#### Beamz Exercises (approximately 15 minutes)

<b>Front Arm Reaches</b>	While Beamz is directly in front of client at full arms reach distance, have them reach right arm straight out in front of them, palm down, above the top laser beam. Instruct them to bring the arm down through both beams, then back up. Do 10 reps, Repeat with left arm.
<b>Side Arm Reaches</b>	Place table with Beamz to the right side of client, and have them repeat the same type of exercise as above, moving the right arm up and down through both lasers. Do 10 reps. Repeat with left arm after moving the Beamz to the client's left side.

<b>Leg lifts</b>	Place Beamz on floor in front of client. Have them lift their right leg to interrupt both beams, then bring it back down so their foot rests flat on the floor (10 reps). Repeat with left leg. (10 reps).
<b>Ankle stretches</b>	While Beamz is still on floor, lift and hold the right leg out in front. Stretch out the foot so that the toes are pointed out, then flex the foot back so the toes are pointing up (10 reps). Repeat with left leg. (10 reps).
<b>Reach and grab</b>	Place Beamz back on table in front of client. Have them reach out with open hand, grab at one beam, and pull their fisted hand back in toward the body. Alternate hands (10 reps).
<b>Shoulder Stretches</b>	With Beamz moved closer toward client's body, have them reach their right arm across their chest to hold onto the left shoulder. Bring right elbow up and down through one or both laser beams on one side of the beams. Do 10 reps and then switch arms.
<b>Shoulder Touches</b>	With Beamz at arm's length in front of client, have them touch their right hand to their right shoulder, then, palms up, bring it out and through both laser beams on one side. Do 10 reps and then switch arms.

### **Cool Down (approximately 3 minutes)**

<b>Arms</b>	Raise arms out to the side while breathing deep in through the nose. Bring arms back in towards the body while breathing out of the mouth (3 reps). Next, raise arms up over the head, so that the wrists cross, while breathing deeply in through the nose, and bring arms back down to the side while breathing out through the mouth (3 reps).
<b>Legs</b>	Walk the feet out to the side until they are hip length apart. Place hands on inner thighs, and while keeping back straight, lean forward until hands touch knees or below knees. Bring legs back in and do alternating toe taps and heel taps (10 reps).
<b>Neck</b>	Turn neck so that the head is facing right, hold for three seconds, bring back to center, then face the left, holding for three seconds (5 reps). Drop right ear to the right shoulder, hold for three seconds, then raise. Drop left ear to the left shoulder, hold for three seconds, then raise. (5 reps).
<b>Deep Breathing</b>	Close eyes and take 5 deep breaths, in through the nose and out through the mouth.