



1. Start in a standing position.
2. Put your hands out in front of you and interlace your fingers. Push your hands out and flip your hands over.
3. Hold this pose for 30 seconds.

*Where did you feel it in your body?*

4. Now repeat the knuckle cracker stretch but this time focus on one of the body parts you identified in step 3.

*Where did you feel it in your body this time doing the knuckle cracker stretch? Did you feel it in the same place as last time or somewhere new?*