Stretch Minute stretchminute.com

6 stretches for hairdressers and barbers

About 5 minutes · 6 stretches · Standing · uses a wall

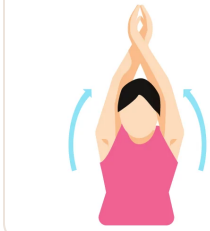
When: Between clients, on a break, or after closing. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Shoulder Rolls

30 s

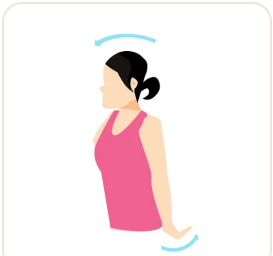
Roll your shoulders forward in big circles, then backward. Keep your arms relaxed.



2. Overhead Side Reach

20 s each side

Link your hands overhead and lean gently to one side. Feel the stretch along your side.



3. Wrist and Forearm Stretch

20 s each side

Straighten one arm in front of you. With the other hand, gently bend the wrist back.



4. Calf Stretch

20 s each side

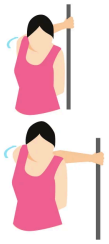
Face a wall, one foot back with the heel down and the knee straight. Lean in until your calf stretches.



5. Standing Quad Stretch

20 s each side

Stand tall, holding a wall if you need to. Bend one knee and draw the heel toward your seat.



6. Chest Stretch

20 s each side

Place one hand on a wall at shoulder height. Slowly turn your body away until your chest opens.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "Hairdressers & Barbers" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/hairdressers

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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