



Total Body Stretches

Knee Hugs Stretch –

Targeting the Hip Flexor and Hamstrings.

Great balance exercise also!



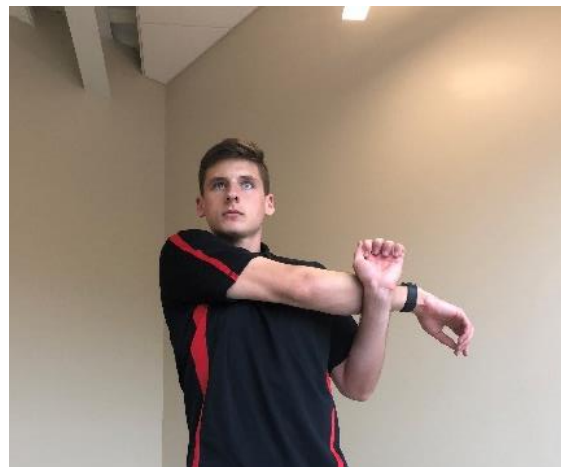
Triceps Extension Stretch –

Targets Triceps and some parts of the Deltoid.



Cross Arm Extension Stretch –

This stretch targets the whole shoulder, as well as the upper back.



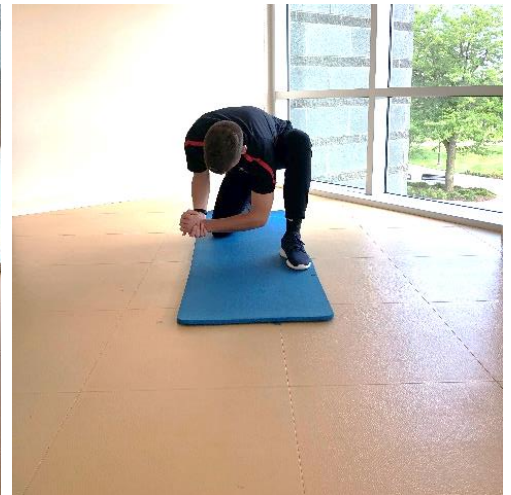
Scapular (right) and Pectoral (left) Stretch –

Both stretches targeting the shoulders range of motion and expands the thoracic cavity to improve quality in breathing.



Lunge with Hip Hinge –

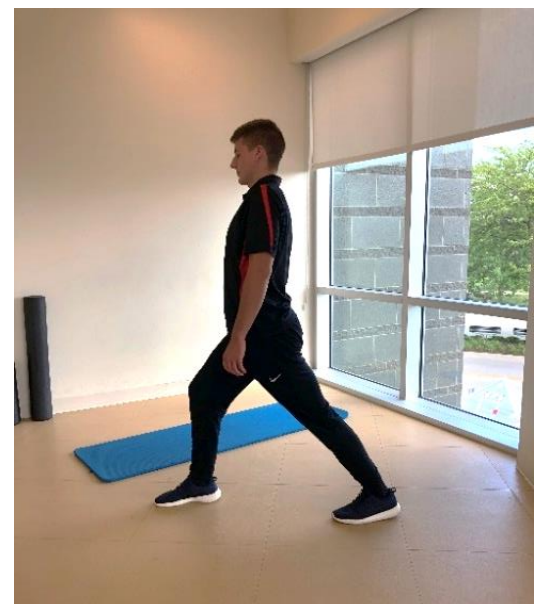
Great stretch for tight hip flexors, hamstrings, and lower back!



Calf Extension Stretch –

Targeting the two muscles in the calf.

Be sure to keep the heels flat for maximum benefit!



Quadriceps Extension –

This stretch isolates the quads very nicely.

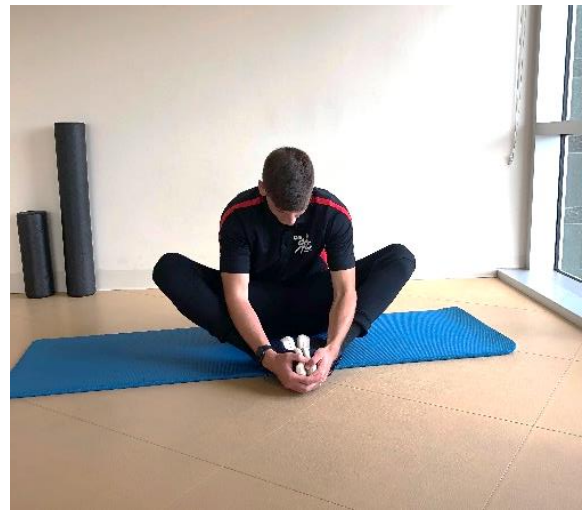
Lean slightly forward to feel the hip flexor get activated as well.



Butterfly stretch –

This stretch is great for the groin region as well as the lower back.

Try your best to lean towards the toes!



90/90 Hip Stretch –

This is great for tightness in the lateral side of the legs/hips.

Try your best to make the legs bent at a 90 degree angle!

