

Full Body Stretches

Cool Down Stretches

Child's Pose: Sit on your knees and bend your upper body forward, with your arms stretched out until they touch the ground. Hold for 30 seconds.

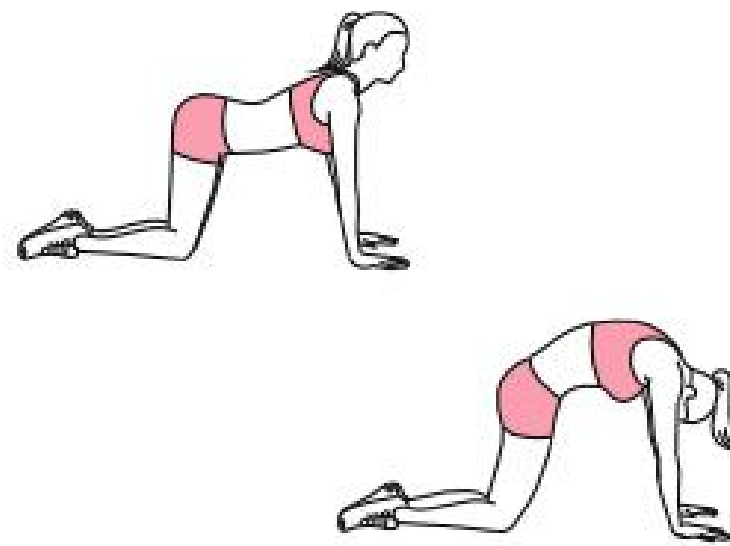
child's pose



30 sec

Cat Back Stretch: Begin on your hands and knees and bring your back up into a curve. Hold for 30 to 60 seconds.

cat back stretch



30 sec + 30 sec

Hamstring Stretch: Lie flat on your back and bring your leg up nearly to a 90 degree angle. Hold for 30 to 60 seconds.

hamstring stretch



30 sec 30 sec

Standing Forward Bend: Begin in a standing position and bring your upper body down and grab your ankles. Hold for 30 seconds.

standing forward bend



30 sec

Calf Stretch: Press your hands out against a wall with the toes of your right leg touching the wall. Your left leg should be comfortably extended with your foot still flat on the ground. Repeat this motion for the left leg stretch as well. Hold each for 30 seconds.

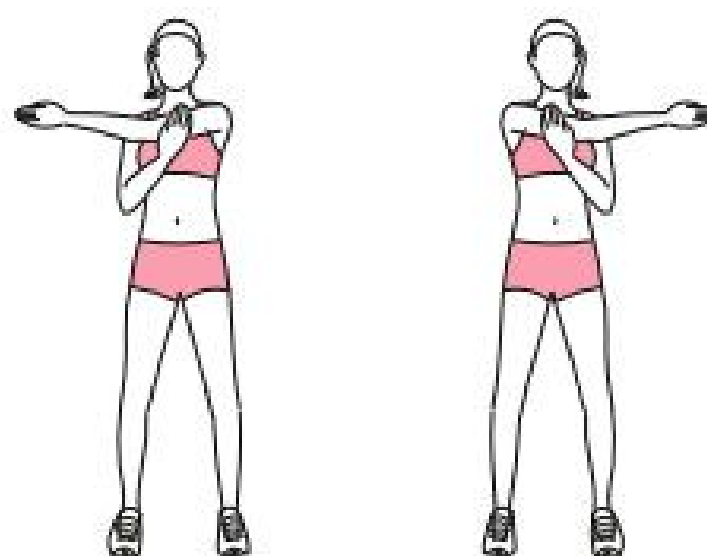
calf stretch



30 sec + 30 sec

Shoulder Stretch: Bring your right arm across your chest and hold your elbow. Keep this position for 30 seconds, and repeat with the left arm.

shoulder stretch



30 sec + 30 sec

Ab Stretch: Begin lying flat on the ground. Push your upper body up on your hands and hold this position for 30 seconds.

ab stretch



30 sec

Butterfly Stretch: Sitting on the ground, bring the soles of both of your feet together. Pull your feet in toward your body. Hold for 30 seconds.

butterfly stretch



30 sec

Glute Stretch: Lie flat on your back with your right leg up, knee bent at a right angle. Bring the left leg crossed over your right knee. Hold for 30 to 60 seconds.

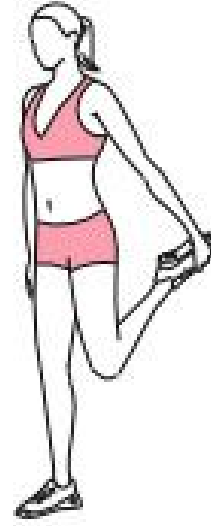
glute stretch



30 sec + 30 sec

Quad Stretch: Stand on one leg and lift your other leg and hold your ankle. Hold this pose for 30 to 60 seconds and repeat with the other leg.

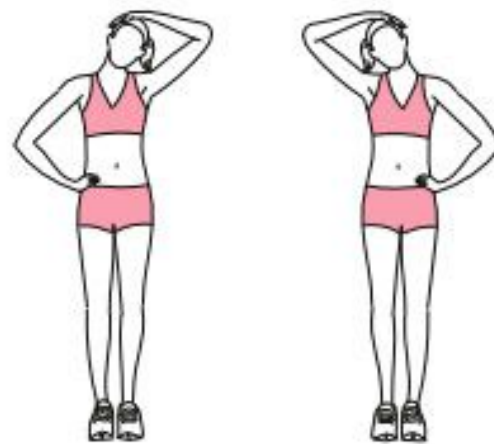
quad stretch



30 sec + 30 sec

Neck Stretch: Stand straight up and hold your head pulling it gently toward your shoulder. Repeat for the other side of the neck. Hold for 30 seconds.

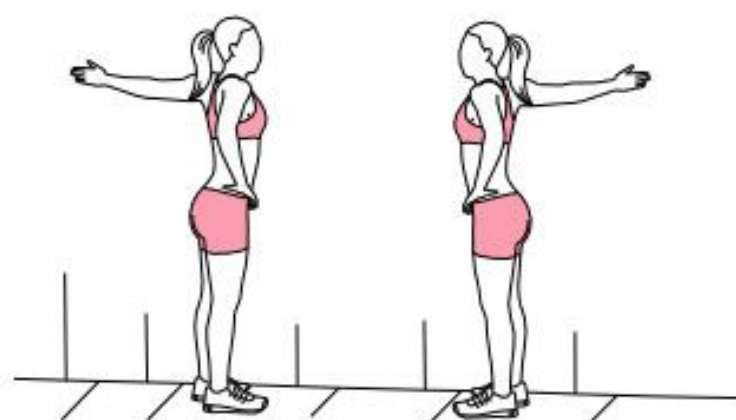
neck stretch



30 sec + 30 sec

Chest Stretch: Place your right palm on the wall and rotate your body to the left, until you feel the stretch in your chest and in your right shoulder. Repeat on the left side. Hold for 30 seconds.

chest stretch



30 sec + 30 sec