

22 Stretches for after a full-body workout

Back Stretches

Stretch #1

- 1) Lie on your back with knees bent and your feet flat on the floor
- 2) Place your bands on the back of your thighs and pull your legs toward your chest
- 3) Pull until a gentle stretch is felt
- 4) Hold for 15 seconds
- 5) Return to the starting position
- 6) Repeat 10 more times

Stretch #2

- 1) Lie on your back with your knees bent and feet flat on the floor
- 2) Keeping your back flat on the floor, rotate your hips to the left, lowering your legs down to the floor until a gentle stretch is felt
- 3) Hold for 15 seconds
- 4) Return to the starting position
- 5) Repeat 10 more times
- 6) Keeping your back flat on the floor, this time rotate your hips to the right, lowering your legs down to the floor until a gentle stretch is felt
- 7) Hold for 15 seconds
- 8) Return to the starting position
- 9) Repeat 10 more times

Stretch #3

- 1) Lie on your stomach
- 2) Prop yourself up on your elbows extending your back
- 3) Start straightening your elbows, further extending your back
- 4) Continue straightening your elbows until a gentle stretch is felt
- 5) Hold for 15 seconds
- 6) Return to the starting position
- 7) Repeat 10 more times

Stretch #4

- 1) Lie on your back with your knees bent and feet flat on the floor
- 2) Push the small of your back down and into the floor by tightening your lower abdominal muscles
- 3) Hold for a count of ten
- 4) Return to starting position and repeat 10 more times

Stretch #5

- 1) Lie on your back with your knees bent and feet flat on the floor
- 2) Push down through your feet as you slowly lift your bottom up off the floor
- 3) Hold for a count of ten
- 4) Return to starting position and repeat 10 more times

Stretch #6

- 1) Kneel down on the floor in an all four position on your hands and knees
- 2) Curl your back up toward the ceiling like an angry cat
- 3) Hold for a count of five
- 4) Return to starting position
- 5) Pull your stomach down to the floor hollowing out your back
- 6) Hold for a count of five
- 7) Return to starting position
- 8) Repeat ten more times

Stretch #7

- 1) Sit in a chair with your feet flat on the ground
- 2) Curl your neck, upper back, and low back forward until your chest is on your thighs and you can touch the ground with your hands
- 3) Hold for a count of 10
- 4) Return to starting position and repeat ten more times

Stretch #8

- 1) Stand up straight with your arms at your sides and your feet shoulder width apart
- 2) Bend your trunk sideways to the left while sliding your left hand down your thigh and reaching your right arm over your head
- 3) Hold for a count of 10
- 4) Return to starting position
- 5) Now bend your trunk sideways to the right while sliding your right hand down your thigh and reaching your left arm over your head
- 6) Hold for a count of 10
- 7) Repeat above 10 more times

Neck Stretches

Flexion Stretch – Chin to Chest

- 1) Gently bend your head forward while bringing your chin toward your chest.
- 2) Stop when a stretch is felt in the back of your neck.
- 3) Hold position for 20 seconds.
- 4) Return to starting position. (neck in mid-line position)
- 5) Repeat above stretch 5 more times.

Extension Stretch – Eyes to Sky

- 1) Gently bend your head backward so that your eyes are looking up to the "sky".
- 2) Stop when a stretch is felt in the front of your neck.
- 3) Hold position for 20 seconds.
- 4) Return to starting position. (neck in mid-line position)
- 5) Repeat above stretch 5 more times.

Rotation – Side to Side

- 1) Gently turn your head to the left, looking over your left shoulder.
- 2) Stop when a stretch is felt in the right side of your neck.
- 3) Hold position for 20 seconds.
- 4) Return to starting position. (neck in mid-line position)
- 5) Repeat above stretch 5 more times.
- 6) Gently turn your head to the right, looking over your right shoulder.
- 7) Stop when a stretch is felt in the left side of your neck.
- 8) Hold position for 20 seconds.
- 9) Return to starting position. (neck in mid-line position)
- 10) Repeat above stretch 5 more times.

Lateral Flexion – Ear to Shoulder

- 1) Gently bend your neck in attempts to touch your left ear to your shoulder.
- 2) Stop when a stretch is felt in the right side of your neck.
- 3) Hold position for 20 seconds.
- 4) Return to starting position. (neck in mid-line position)
- 5) Repeat above stretch 5 more times.
- 6) Gently bend your neck in attempts to touch your right ear to your shoulder.
- 7) Stop when a stretch is felt in the left side of your neck.
- 8) Hold position for 20 seconds.
- 9) Return to starting position. (neck in mid-line position)
- 10) Repeat above stretch 5 more times.

Leg Stretches

Calf Stretch

- 1) Place both hands on a wall with arms extended.
- 2) Lean against wall with one leg bent forward and the other leg extended back with knee straight and foot facing forward.
- 3) Keep the heel of your rear foot on that floor.
- 4) Feel the stretch in the calf of that leg, and hold 15 to 30 seconds. Repeat with the opposite leg.

Quadriceps Stretch

- 1) Stand straight, lift your right foot up behind you, and grab your right foot with your right hand.
- 2) Pull your heel gently toward your butt, feeling a stretch in your quadricep (front thigh).
- 3) Keep your knees as close together as possible.
- 4) Hold the stretch for 15 to 30 seconds.
- 5) Repeat with the left leg.

Hip and back stretch

- 1) Sit on the ground with your legs straight out in front of you.
- 2) Lift your right leg and cross it over your left leg, which should stay straight.
- 3) Pull your right leg to your chest and twist the trunk of your body to look over your right shoulder.
- 4) Hold for 15-30 seconds.
- 5) Change legs and repeat the sequence.

Hamstring Stretch

- 1) Stand with your legs crossed and the outsides of your feet together.
- 2) Bend over with your rear knee straight.
- 3) Reach toward your feet or bring your torso toward legs.
- 4) Hold stretch for 15 to 30 seconds. Repeat with your opposite leg.

Hip Flexor Stretch

- 1) Step into a lunge position.
- 2) Keep your toes pointed forward and your upper torso straight.
- 3) Press down with your hands and extend the hips forward until you feel a stretch from the front of your hip and the top of your thigh (of your back leg).
- 4) Hold 15 to 30 seconds, then switch sides.

Seated Stretch

- 1) Sit with your knees bent and feet together in a criss-cross fashion.
- 2) Gently press the tops of the knees down toward the floor with your elbows.
- 3) Stop when a slight stretch is felt.
- 4) Hold for ten seconds and repeat five times.

Supine Stretch

- 1) Lay on the ground, but position your legs as in the seated stretch position.
- 2) Slowly let your legs stretch toward the floor.
- 3) Stop when a slight stretch is felt.
- 4) Hold for ten seconds and repeat five times.

Standing Stretch

- 1) Stand with your legs shoulder-width apart.
- 2) Shift your weight to one side, bending your knee slightly.
- 3) Stop when you feel a gentle stretch in the opposite leg.
- 4) Hold for ten seconds and repeat five times.
- 5) Do steps 1 to 4 on the opposite leg.

Arm/Abdomen Stretches

Arms and Abs Stretch

- 1) Stand with your feet hip length apart.
- 2) Stretch your arms above your head, dropping your shoulders away from your ears.
- 3) Lean back as far as you can without hurting your back.
- 4) Straighten up again and lean to the left and then to the right, to stretch your sides.

Triceps Stretch

- 1) Bring one of your elbows across your body, towards your opposite shoulder.
- 2) Use your other hand to bring your elbow closer to your shoulder.
- 3) Hold for 15 to 30 seconds, then switch sides.