

Post-Workout Stretch Routine

Complete any amount OR all stretches after your workout while your muscles are already warm

Hold each stretch for 15-30 seconds

Take deep inhale's and exhale's while in the stretch

Cobra Stretch- *low back and core*



Lying T-Spine Rotation- *thoracic spine*



Worlds Greatest Stretch- *hamstrings, glutes, adductors, t-spine, shoulders*



Standing Chest Stretch- *chest, shoulders*



Shoulder Stretch- *shoulders*



Tricep Stretch- *triceps*



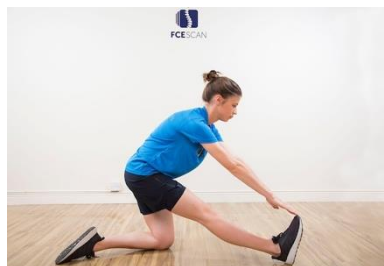
Seated Forward Fold- *hamstrings, back*



Standing Forward Fold- *hamstrings, back*



Half Kneeling Hamstring Stretch- *hamstrings*



Downward Dog- *hamstrings, calves, shoulders, back*



Half Kneeling Hip Flexor Stretch- *hip flexors, quads*



Quad Pulls- *quads*



Pigeon Stretch- *glutes, hips*



Butterfly Stretch- *quads, adductors*



Seated Straddle Stretch- *adductors*



Figure 4 Stretch- *glutes*

