

Stretching Guide

Choose one stretch from each letter

**Hold each stretch for 60 seconds
Approximately 15 minutes total
Pictures are provided below**

Lower Body

- A. 1. Kneeling lunge
 2. Standing Quad (hand holds foot)

- B. 1. Seated forward fold
 2. Standing single leg hamstring stretch

- C. 1. Lying Cross body twist
 2. Seated crossed rotation

- D. 1. Butterfly
 2. Straddle

- E. 1. Standing heel drop
 2. Foot-up-wall calf stretch

Upper Body

- A. 1. Standing pec stretch
 2. Lying foam roller chest opener

- B. 1. Arm across body back stretch
 2. Pole hold/pull away back stretch

- C. 1. Arm bent overhead
 2. Dead hang

- D. 1. Child's pose
 2. Cat cow (move with breath)

- E. 1. Cobra
 2. Bend back over swiss ball (Relax/hang)

- F. 1. Neck side bends (with/without rotation down/up)
 2. Neck rolls

Lower Body

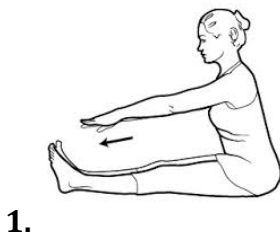
A)



2.



B)



2.

WorkoutLabs.com

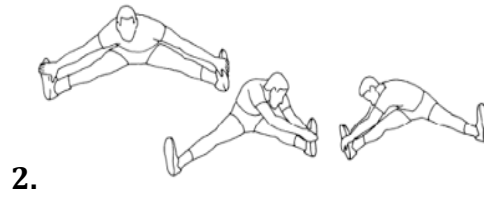


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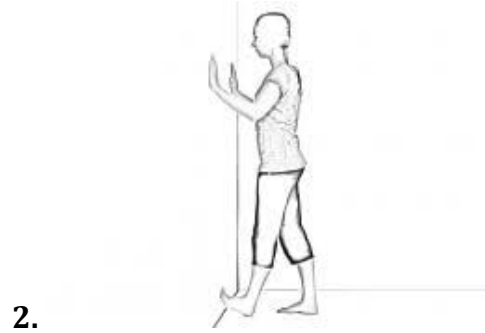
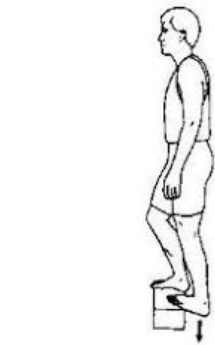
C)



D)

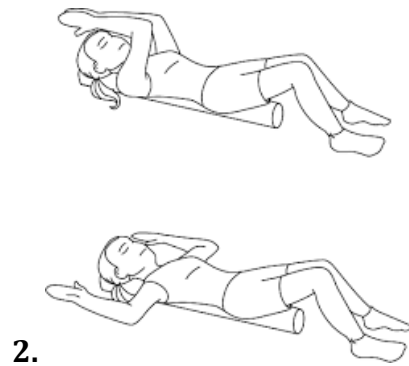
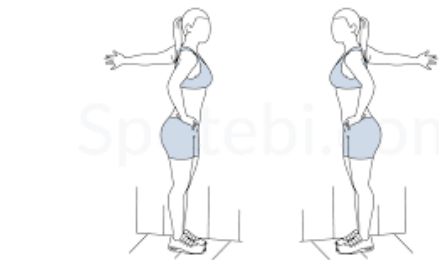


E)



Upper Body

A)

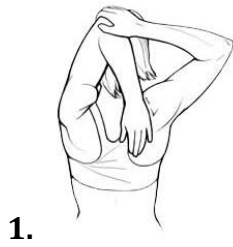


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B)



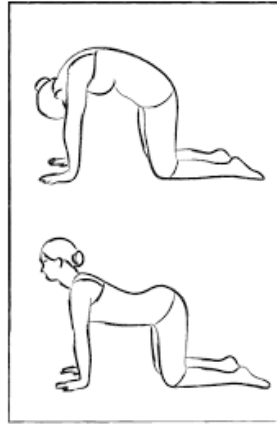
C)



D)



1.



2.

E)



1.



2.

F)

