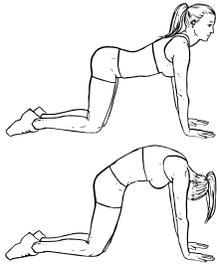


Mobility and Stretching Routine

6 min · Back, Chest, Legs

This can be used daily or after any exercise workout.

Backward Camel Stretch



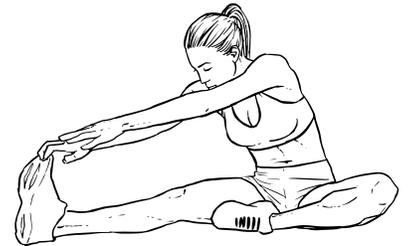
1 sets 30 secs

Gluteal Stretch



1 sets 30 secs

Hamstring Stretch



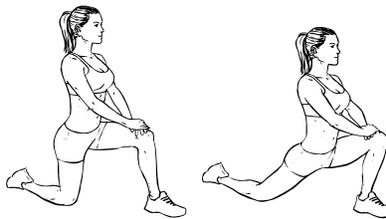
1 sets 30 secs

Knee-to-Chest Lower Back Stretch



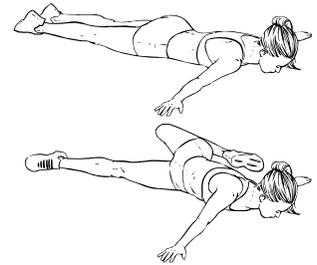
1 sets 30 secs

Kneeling Hip Flexor Stretch



1 sets 30 secs

Scorpion Stretch



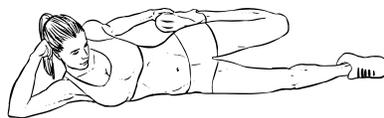
1 sets 30 secs

Lunge Stretch



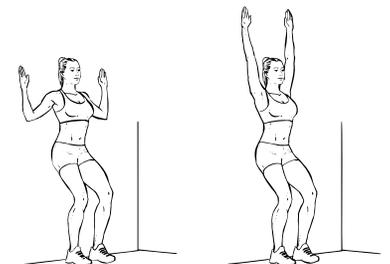
1 sets 30 secs

Side Lying Quad Stretch



1 sets 30 secs

Wall Angles



1 sets 30 secs



Wide Arm Chest Stretch



1 sets **30** secs

Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

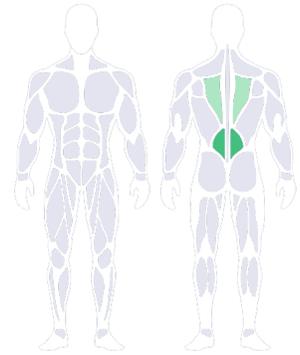
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.



Gluteus / Glute / Gluteal Stretch

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Shoulders

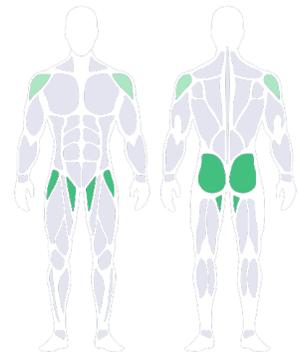
Lie on your back on a mat or soft surface.

Bend your left knee then cross your right leg over so that your right shin is resting on your left knee.

Place your right hand through your legs and your left hand on the outside of your legs. Grab your left shin with both hands.

Remain on the ground and gently pull your left shin towards yourself.

Return to the starting position and repeat on the other side.



Hamstring Stretch

Primary muscle group(s):

Hamstrings

Secondary:

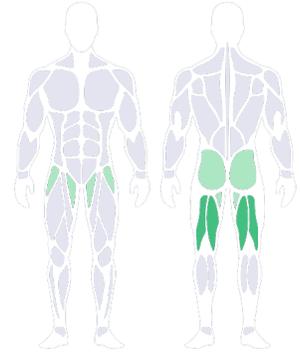
Glutes & Hip Flexors

Sit on a mat and extend your right leg out to the side.

Bend your left leg and place the foot against your inner right thigh.

Lean forward from the hips and reach for your ankle as comfortably as you can. You should feel a slight pull in the hamstring.

Hold the stretch and then repeat on the left leg.



Knee-to-Chest Lower Back Stretch

Primary muscle group(s):

Lower Back

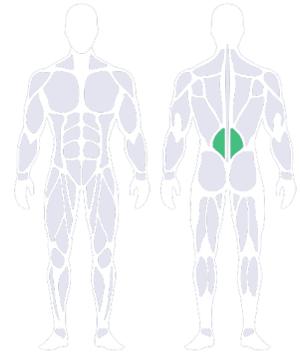
Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.

Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.

Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed.

Hold the stretch and then release the leg to starting position.

Repeat with the left leg.



Kneeling Hip Flexor Stretch

Primary muscle group(s):

Glutes & Hip Flexors

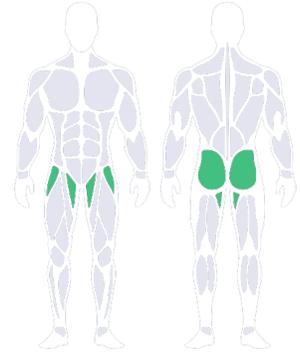
Step forward with the left leg as your right knee comes all the way to the ground.

Flatten your right foot out so the toes are pointing behind you.

Placing your hands on your sides, gently push your hips slightly forward.

You will feel the stretch in your right hip flexor.

Switch sides and repeat.



Scorpion Stretch

Primary muscle group(s):

Lower Back

Secondary:

Glutes & Hip Flexors

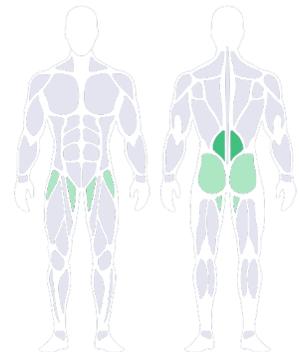
Lie face down on a mat or soft surface.

Place your hands at your sides for balance.

Keeping your shoulders touching the ground, raise the left foot straight up into the air.

Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.

Return the left leg to the ground and repeat on the other side.



Samson Stretch / Lunge Stretch

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

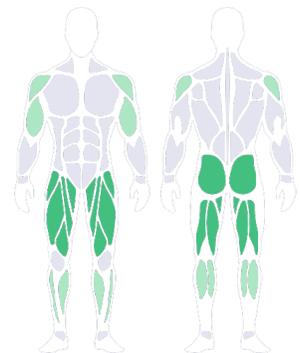
Secondary:

Biceps, Calves, Shoulders

Begin by standing tall with a tight core and looking straight ahead. Keep your chest up as you step forward with your right foot into a lunge position.

Lower the left knee to the ground. Extend the right knee forward.

Clasp your hands together and push them straight overhead. You'll primarily feel the stretch in your hamstrings and hip flexors. Hold for 20 to 30 seconds then switch sides.



Side Lying Quad Stretch

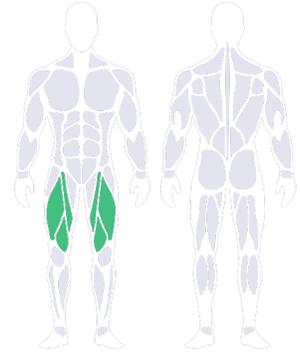
Primary muscle group(s):

Quadriceps

Lie on the ground and turn over on your right side. Place your right hand on your head for support or simply extend it out for balance.

Grab your left foot with your left hand. Keep the right leg extended straight out.

Pull on the left foot, feeling the stretch in the quadricep muscle. Do this for 15 to 30 seconds. Release then switch sides and repeat.



Wall Angles

Primary muscle group(s):

Quadriceps, Shoulders

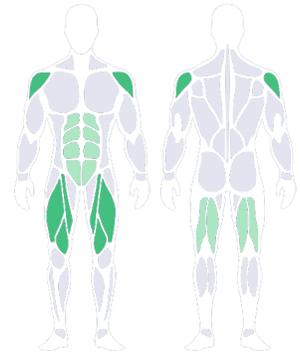
Secondary:

Abs, Hamstrings

Stand against a wall with your feet at shoulder-width. Walk your feet out about 2 or 3 steps. There will be a bend in your knees.

Keep your core tight as you raise your hands up and next to your ears. Place your shoulders and arms against the wall.

Push your arms above you, maintaining contact with the wall. Slowly, lower your arms and immediately begin again.



Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary muscle group(s):

Chest

Secondary:

Shoulders

Stand tall and place your hands together with your arms extended straight out in front of you.

Keep your arms straight and then move them back as far as you comfortably can. Your palms should face front and you should feel the stretch along your chest.

Return the arms to the starting position, extended in front of you.

