

Stretching Exercises

Equipment Needed: None



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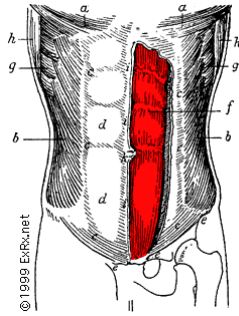
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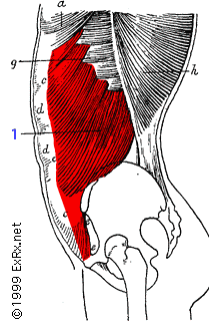
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Ab Stretches

Front Abs



Obliques

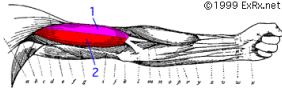


[Cobra stretch](#)

[Lying ab stretch \(on back\)](#)

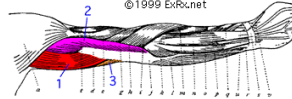
Arm Stretches

Biceps



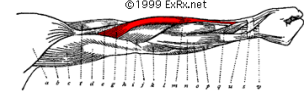
[Standing bicep stretch](#)

Triceps



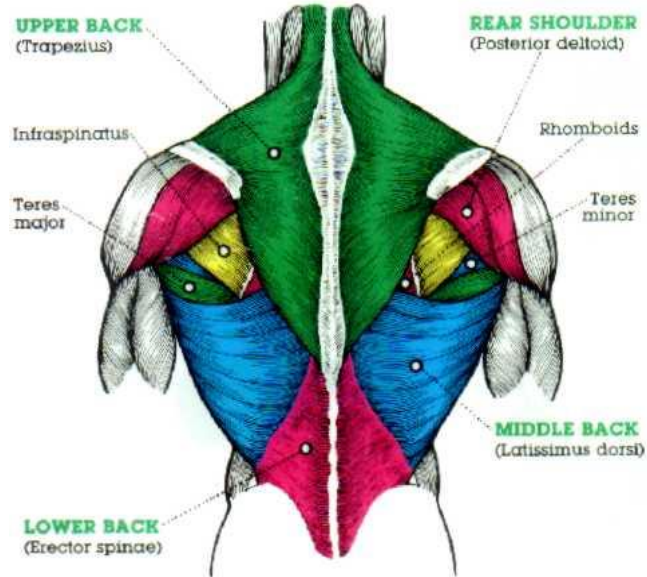
[Overhead tricep stretch](#)

Forearms



[Single arm wrist flexor stretch](#)

Back Stretches



Upper and Middle Back

[Bent over lat stretch](#)

[Overhead lat stretch](#)

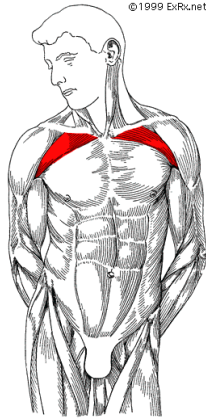
Lower Back

[Cat stretch](#)

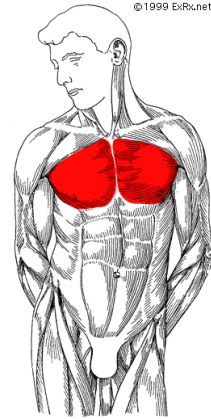
[Seated forward bend](#)

Chest Exercises

Upper chest

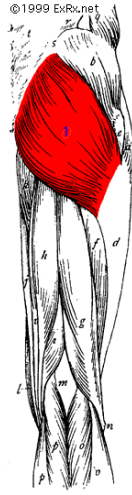


Mid Chest



[Doorway chest stretch](#)

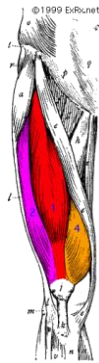
Glute Stretches



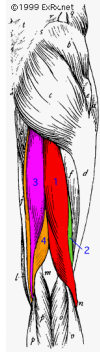
[Lying glutes stretch](#)

Leg Exercises

Quads



Hamstrings



Calves



[Lying quad stretch
side on stomach](#)

[Lying hamstring
stretch](#)

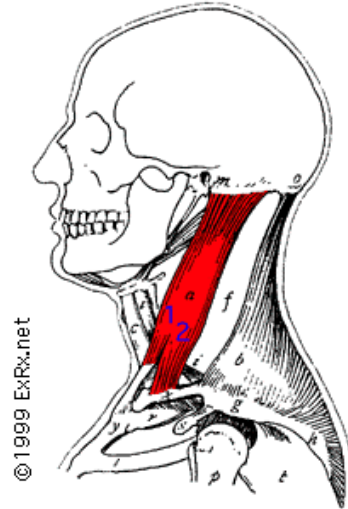
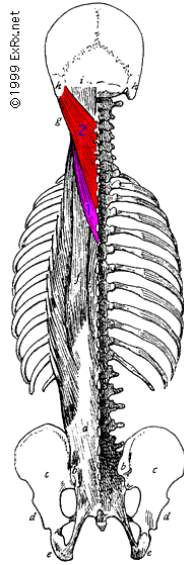
[Floor board straight
leg calf stretch](#)

[Standing quad stretch](#)

[Standing hamstring
stretch](#)

[Wall straight leg calf
stretch](#)

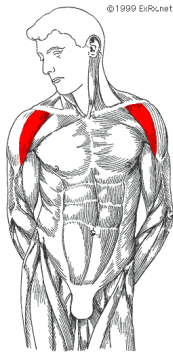
Neck Stretches



[Neck rotation stretch](#)

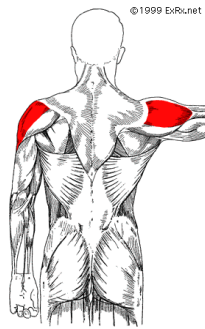
Shoulder Exercises

Front



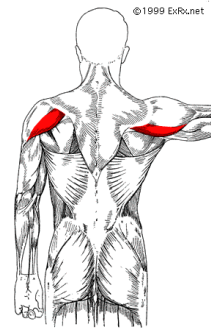
[Doorway shoulder stretch](#)

Side



[Side deltoid stretch](#)

Rear



[Rear deltoid stretch](#)

Reference: Muscular diagram images from (www.exrx.net)