



UPPER BODY AND CHEST

DOORWAY CHEST STRETCH



Targets Pectorals,
Shoulders

Step forward
gently, feel
stretch in chest.

60 Seconds

OVERHEAD TRICEP STRETCH



Targets Triceps,
Shoulders

Keep head up,
pull elbow gently.

45 Seconds
per side

CAT-COW

Targets Spine, Neck, Shoulders
Move smoothly with breath.

60 Seconds



HIPS AND GLUTES

PIGEON POSE

Targets Hips, Glutes

Keep hips square,
hinge forward if
possible.

60 Seconds
per side

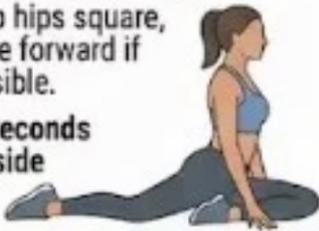


FIGURE-FOUR STRETCH (SUPINE)

Targets Hips, Glutes, Lower Back
Gently pull leg towards chest.

60 Seconds
per side

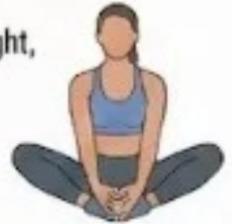


BUTTERFLY STRETCH

Targets Inner Thighs,
Groin, Hips

Keep back straight,
gently press
knees down.

60 Seconds



LEGS & HAMSTRINGS

SEATED HAMSTRING STRETCH

Targets Hamstrings

Keep back straight,
hinge at hips.

60 Seconds
per side



QUAD STRETCH (STANDING)

Targets Quadriceps,
Hip Flexors

Keep knees close,
torso upright.

45 Seconds
per side

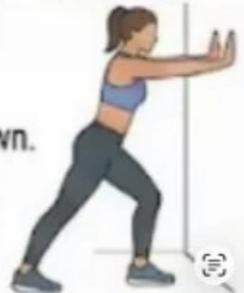


CALF STRETCH (WALL)

Targets Calves,
Achilles

Keep back leg
straight, heel down.

45 Seconds
per side



SPINE & LOWER BACK

SPINAL TWIST (SUPINE)

Targets Lower Back, Hips
Gently twist torso, shoulders flat.

60 Seconds
per side



CHILD'S POSE

Targets Lower Back, Shoulders,
Hips

Relax and breathe deeply.

90 Seconds



COBRA STRETCH

Targets Lower Back, Abs, Chest
Squeeze glutes, look
up gently.

30 Seconds

