

MY DAILY STRETCH ROUTINE

Beginner



THE
REVIVAL
COACH

MY DAILY STRETCH ROUTINE

Despite the vast amount of research supporting its benefits, stretching is one of the most underrated practices in fitness.

Here are just a few reasons why you should make stretching a regular part of your routine:

- **Increased Flexibility:** Improves range of motion in your joints.
- **Better Performance:** Boosts physical activity performance.
- **Injury Prevention:** Reduces the risk of injuries by keeping muscles and joints flexible.
- **Joint Health:** Promotes full range of motion for joint longevity.
- **Improved Blood Flow:** Enhances muscle blood flow for better function.
- **Everyday Functionality:** Makes daily activities easier and more comfortable.

This beginner stretching routine will help you gradually improve your flexibility and mobility.

Commit to this routine once a day, and I assure you—your future self will be grateful for it!



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1. Butterfly Stretch

Muscles Worked: Adductors & Hip Flexors

Directions:

1. Sit on the floor and bend your knees, bringing the soles of your feet together.
2. Hold your feet with your hands.
3. Rest your elbows gently on your knees.
4. Let your knees naturally fall towards the ground, keeping your back straight.

Hold the stretch for 20 seconds. Repeat the stretch twice.



2. Pigeon Pose

Muscles Worked: Glutes & Piriformis

Directions:

1. Start by bringing one leg forward, bending the knee, and extending the opposite leg straight behind you.
2. Open your front knee outward to deepen the stretch.
3. Lower your torso forward, bending your elbows as you lean into the stretch.

Hold for 20 seconds. Switch legs and repeat twice.



3. Child's Pose

Muscles Worked: Back, Hips, Thighs

Directions:

1. Kneel on your mat with your knees together or slightly apart.
2. Lower your torso down onto your thighs.
3. Rest your forehead on the ground, extending your arms forward or alongside your body.

Hold the stretch for 20 seconds. Repeat the stretch twice.

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4. Cobra Pose

Muscles Worked: Spinal Extensors, Serratus, Rotator Cuff

Directions:

1. Lie face down on your mat.
2. Place your hands on the ground under your shoulders.
3. Lift your chest off the mat, reaching forward and engaging your core.

Hold the stretch for 20 seconds. Repeat the stretch twice.



5. Thread The Needle

Muscles Worked: Delts, Pecs, Neck, Upper Back

Directions:

1. Start on all fours with hands under your shoulders and knees under your hips.
2. Reach one arm under the opposite arm as far as possible, rotating your torso and rounding your upper back.
3. Hold the stretch for 20 seconds.
4. Return to the starting position and switch sides.

Repeat the stretch twice on each side.



6. Standing Hamstring Stretch

Muscles Worked: Hamstrings

Directions:

1. Stand straight with your feet hip-width apart.
2. Slowly bend forward at the hips and reach down to touch your toes.
3. Reach as far as you can comfortably go.

Hold the stretch for 20 seconds. Repeat the stretch twice.

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7: Quadriceps Stretch

Muscles: Quadriceps

Directions:

1. Stand straight and hold onto something for balance if needed.
 2. Bend your knee and grab your ankle, pulling it towards your glutes.
- Hold for 20 seconds and repeat twice on each leg.



8. Deltoid Stretch

Muscles Worked: Deltoids

Directions:

1. Reach your left arm across your body at chest height.
 2. Support your left arm with your right elbow.
 3. Use your right arm to gently pull your left arm closer to your chest to increase the stretch.
- Hold for 20 seconds. Switch sides and repeat twice.



9. Elbow Up Stretch

Muscles Worked: Triceps

Directions:

1. Reach your right arm overhead to lengthen the right side of your body.
 2. Bend your right elbow, bringing your fingers toward the middle of your upper back.
 3. Grab your right elbow with your left hand and gently pull down to increase the stretch.
- Hold for 20 seconds. Switch sides and repeat twice.

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10. Neck Stretches

Flexion & Extension (Forward & Upward Bending)

Muscles Worked: Neck Flexors

Directions:

1. Slowly lower your chin toward your chest, looking down.
2. Keep your shoulders and back still, moving only your head.
3. Hold the stretch for 5 seconds.

Return to the neutral position and repeat 3–5 times.



Lateral Neck Flexion (Side Bending)

Muscles Worked: Neck Lateral Flexors

Directions:

1. Slowly bend your head to the left, bringing your left ear toward your left shoulder.
2. Keep your shoulders and back still.
3. Hold the stretch for 5 seconds.

Return to the neutral position and repeat 3–5 times.



Neck Rotation (Turning Side to Side)

Muscles Worked: Neck Rotators

Directions:

1. Keep your back straight and shoulders still.
2. Slowly turn your head to the left as far as it can comfortably go.
3. Hold the stretch for 5 seconds.

Return to the neutral position and repeat 3–5 times.