

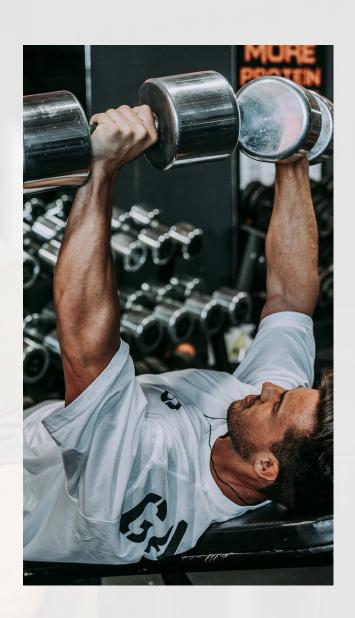
Despite the vast amount of research supporting its benefits, stretching is one of the most underrated practices in fitness.

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

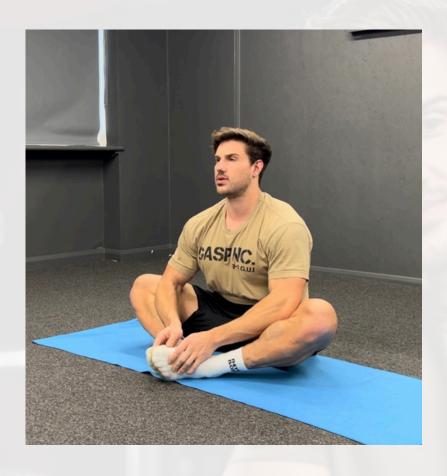
- Increased Flexibility: Improves range of motion in your joints.
- Better Performance: Boosts physical activity performance.
- Injury Prevention: Reduces the risk of injuries by keeping muscles and joints flexible.
- Joint Health: Promotes full range of motion for joint longevity.
- Improved Blood Flow: 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!







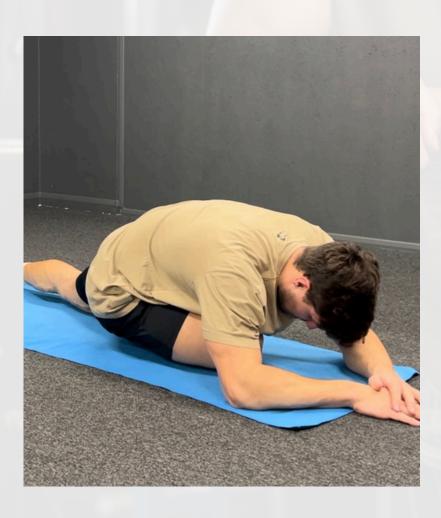
## 1. Butterfly Stretch

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.



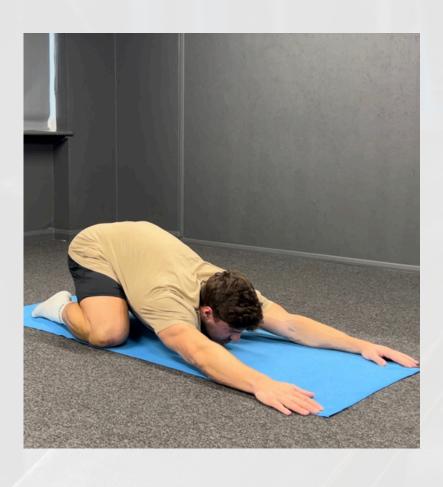
# 2. Pigeon Pose

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.



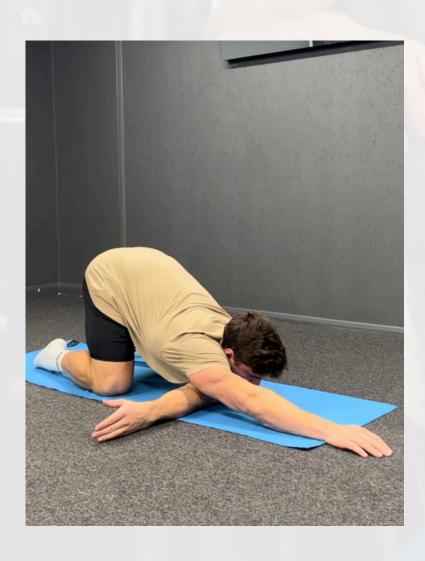
#### 4. Cobra Pose

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.



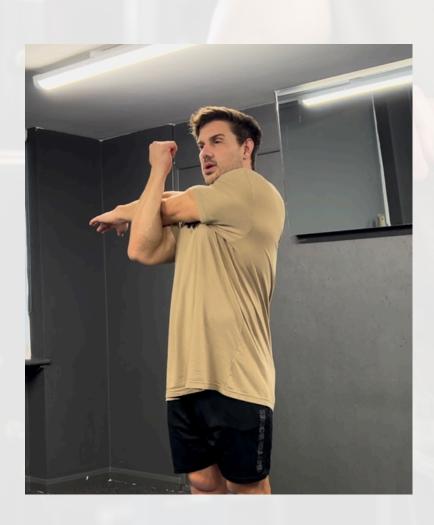
# 7: Quadriceps Stretch

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.



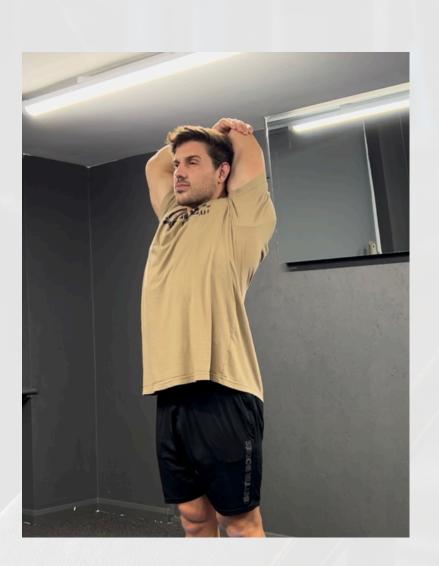
## 8. Deltoid Stretch

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.



# 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.