

# Full-Body Stretching Routine

## Directions

Start with a little light cardio to warm up for 3 to 5 minutes, then hold each stretch for 20 to 30 seconds. Repeat stretches if needed.

### 1. Active Hamstring Stretch



### 5. Down Dog



### 9. Seated Forward Bend



### 2. Standing Quad Stretch



### 6. Runner's Lunge



### 10. Seated Twist



### 3. Chest Opener With Forward Bend



### 7. Lunch With Reach and Twist



### 11. Figure Four



### 4. IT Band Stretch



### 8. Kneeling Quad Stretch



### 12. Low-Back Release





**13. Lying Low-Back Twist**



**14. Child's Pose With Reach**



**16. Triceps Stretch**



**17. Standing Side Bend**



**15. Shoulder Stretch**

