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
2. Standing Quad Stretch
3. Chest Opener With Forward Bend
4. IT Band Stretch
5. Down Dog
6. Runner’s Lunge
7. Lunch With Reach and Twist
8. Kneeling Quad Stretch
9. Seated Forward Bend
10. Seated Twist
11. Figure Four
12. Low-Back Release

POPSUGAR.