

# Stretching Exercises

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**shoulders**



**lower back**



**hamstrings**



**quads**



**inner thighs**



**hips**

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 | 6 | 6 |

# Stretching Exercises

|                      |  |  |  |            |                       |                 |  |
|----------------------|--|--|--|------------|-----------------------|-----------------|--|
| <b>Neck</b>          |  |  |  |            |                       | <b>Forearms</b> |  |
| <b>Shoulders</b>     |  |  |  |            |                       | <b>Triceps</b>  |  |
| <b>Chest, Biceps</b> |  |  |  |            |                       | <b>Back</b>     |  |
| <b>Back, Lats</b>    |  |  |  | <b>Abs</b> |                       |                 |  |
| <b>Torso</b>         |  |  |  |            |                       | <b>Hips</b>     |  |
| <b>Hips</b>          |  |  |  |            |                       |                 |  |
| <b>Glutes, Quads</b> |  |  |  |            |                       |                 |  |
| <b>Hamstrings</b>    |  |  |  |            | <b>Ankles, Calves</b> |                 |  |