

**Flexible, Strong, and Mobile
Your Guide to Full-Body Stretching**

In our fast-paced world, there's often little time to focus on improving mobility and fitness. This book by Markus Kuhn offers the perfect solution: a comprehensive collection of stretching exercises targeting all major muscle groups in the body.

Whether you're a beginner or an experienced athlete, the clear instructions and detailed descriptions will help you enhance your flexibility and avoid muscular imbalances. Each exercise has been carefully selected to create a complete full-body routine.

Just choose an alternating plan each day by choosing one exercise from each muscle group.

This book will help you:

- 1) Effectively improve your flexibility
- 2) Prevent pain and tension
- 3) Stretch your muscles in a balanced and sustainable way

With clear exercises for each muscle group and straightforward explanations for proper execution, this book will be an essential companion on your journey to greater mobility and a healthier body.

Your Individual Stretchroutine

Sorted by Musclegroups
for full flexibility

Your Individual Stretchroutine



YOUR INDIVIDUAL STRETCHROUTINE

WELCOME

Thank you for purchasing my stretching book. I'm Markus Kuhn, 34 years old, and have been deeply involved in sports for nearly 10 years. I've run marathons and half-marathons but now focus on 10K and 5K runs. After a foot injury, I had to find a new sport – which led me to bouldering. This book stems from my personal experience, as I couldn't find a comprehensive guide for a varied full-body stretching program. I'm not a physiotherapist or doctor, just a sporty guy who loves understanding the body. I hope this book helps you on your journey. If you spot any mistakes or find something doesn't work, feel free to contact me – I'm here to help and will provide updates.

ABOUT THIS BOOK

This book provides an overview of stretches for all major muscle groups in the body. It's designed for beginners and advanced users alike, offering a practical and accessible collection of exercises. Each exercise focuses on a main muscle group to avoid redundancy, although many stretches target multiple muscles simultaneously. The exercises have been carefully selected to ensure a balanced routine while providing variety.

HOW TO USE THIS BOOK

On the following pages, you'll find a well-structured collection of stretching exercises. Each exercise is accompanied by detailed instructions and images to ensure proper execution. The book is designed so you can pick one exercise from each muscle group for a full-body stretch. It's important to regularly alternate the exercises to prevent muscular imbalances and ensure a balanced routine. A recommendation is to perform each stretch for either 1 minute or 2 sets of 30 seconds, always with a focus on slow and controlled movements.

THE GOAL OF THIS BOOK

Let's be clear: stretching is the theme of this book, but not the solution to every problem. Strength weaknesses are also a common issue to keep in mind. The goal is to help you build a sustainable and effective stretching routine that you can

integrate into your daily life. By targeting various muscle groups, you can prevent muscular imbalances and maintain overall flexibility. Whether you're looking for a comprehensive stretching routine or targeted exercises for specific issues, this book is intended to serve as a practical guide.

WEBSITE

If you've purchased the book, you can also register on my website. There, you can upload a picture of the book, and I will grant you access. The website is accessible via desktop and smartphone. You can create random stretching programs with an integrated timer, so you can start stretching immediately. The goal is to provide a flexible and adaptable routine that you can use anytime, anywhere.

Your satisfaction with the book is important to me. If you're unhappy with it or find errors, just reach out – I'm not in this for the money and will ensure you can return the book or receive updates. 😊 Enjoy stretching and stay flexible!

THE 23 MUSCLE GROUPS OVERVIEW

This book covers the key muscle groups necessary for a complete and balanced stretching program. Each muscle group has been carefully selected to ensure all relevant areas of the body are stretched without unnecessary repetition or overlap. The selection is based on the effectiveness and functionality of the stretches, tailored to the specific needs of each muscle.

Neck

The neck plays a central role in spinal mobility and health. Instead of isolating smaller muscles like the Levator Scapulae or Scalene muscles, we've chosen the neck as a whole to provide a comprehensive stretch for the cervical spine. Good neck stretching improves mobility and relieves tension caused by daily stress, such as sitting at a desk.

Trapezius

The trapezius is a large muscle connecting the neck, shoulders, and back. It's included as its own group due to its tendency to become tense from stress and overuse. Targeted stretching helps relax the shoulder area and improves upper back mobility.

Shoulders

The shoulders are highly mobile but prone to tension and injuries. We've included them as a separate muscle group since they support arm mobility in all directions. Targeted stretching enhances shoulder joint stability and flexibility.

Rhomboids

The rhomboids connect the shoulder blades to the spine and are essential for good posture. Stretching them helps relieve upper back tension and draws the shoulder blades back, promoting better posture.

Latissimus Dorsi

The Latissimus Dorsi is the largest back muscle, often used during pulling or lifting motions. Stretching this muscle improves back mobility and facilitates overhead movements, such as climbing or swimming.

Chest (Pectoralis)

The chest muscles often shorten due to sedentary activities and a forward-leaning posture. Targeted stretching helps open the chest, pull the shoulders back, and improve posture.

Rectus Abdominis (Abs)

The rectus abdominis is the main muscle of the abdominal wall and supports spinal stability. Stretching the abs improves trunk flexibility and helps prevent lower back tension.

Obliques (Side Abdominals)

The obliques are responsible for trunk rotations and side movements. They are treated as a separate group because they can be better isolated with targeted rotational stretches and side bends.

Quadratus Lumborum

This deep lower back muscle is often overlooked, though it is crucial for trunk stability and lateral spinal movements. Stretching it helps prevent back pain and enhances lower back flexibility.

Erector Spinae (Back Extensors)

The erector spinae runs along the spine and stabilizes it during forward and backward movements. Stretching this muscle improves flexibility across the back, especially important for those with sedentary lifestyles.

Biceps

The biceps assist in arm movements and are often shortened by activities like lifting and pulling. Stretching them improves elbow mobility and prevents muscular imbalances.

Triceps

The triceps play a key role in arm extension. Stretching this muscle improves elbow flexibility and prevents overuse injuries from repetitive pushing or supporting motions.

Forearms

The forearms control wrist and finger movements. This group was selected separately to stretch both the flexors and extensors, which is particularly important for climbers and office workers.

Hands and Fingers

Hands and fingers are essential for many daily tasks and are often neglected. Regular stretching of this group promotes flexibility and prevents overuse injuries.

Hip Flexors

The hip flexors are often shortened, especially in people who sit a lot. Stretching these muscles improves hip mobility and helps prevent back pain.

IT Band (Iliotibial Band)

The IT band runs along the outside of the thigh and can tighten from repetitive activities like running or cycling. Stretching it helps relieve tension and pain in the hip and knee areas.

Gluteal Muscles

The gluteal muscles are the largest muscles in the body and support many movements associated with walking, running, and jumping. Regular stretching improves hip flexibility and supports the lower back.

Quadriceps (Front Thigh)

The quadriceps are vital for activities like running, jumping, and squatting. Stretching these muscles improves knee mobility and helps prevent injuries.

Hamstrings (Back Thigh)

The hamstrings tend to shorten due to prolonged sitting. Targeted stretching improves knee and hip flexibility and helps prevent back discomfort.

Adductors (Inner Thigh Muscles)

The adductors stabilize the leg and aid in lateral movements. Stretching these

muscles is especially important for sports that require side-to-side motion, like soccer or tennis.

Tibialis Anterior (Shin Muscles)

The tibialis anterior is crucial for foot dorsiflexion. Stretching this muscle improves ankle mobility and helps prevent injuries, particularly for runners.

Calf Muscles (Gastrocnemius and Soleus)

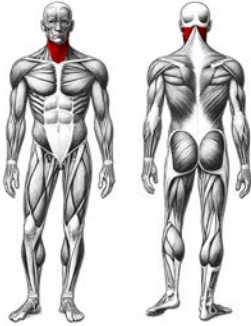
The calf muscles are used in many daily activities and tend to shorten. Targeted stretching improves ankle flexibility and helps prevent injuries like Achilles tendinitis.

Feet and Ankles

Good mobility in the feet and ankles is crucial for balance and stability while walking and standing. This muscle group was chosen separately to enhance leg mobility and prevent injuries such as sprains.

NECK

CHIN TUCK



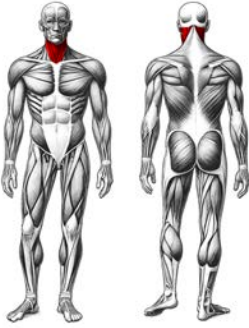
Sternocleidomastoideus,
Trapezius, Splenius, Levator
scapulae

Sit or stand tall with your shoulders relaxed and core engaged. Slowly move your chin in towards your chest, keeping your head steady and your back straight. Focus on maintaining a neutral position as you feel a gentle stretch at the back of your neck. Hold briefly before returning to the starting position.



NECK

LEVATOR SCAPULAE STRETCH



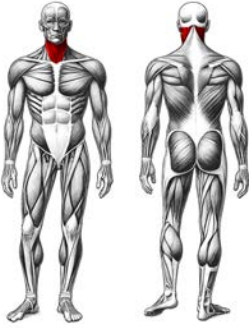
Levator scapulae, Trapezius,
Sternocleidomastoid

Sit or stand up straight. Raise your right arm and place your hand gently on the left side of your head. Slowly pull your head towards your right shoulder while keeping your back straight. To enhance the stretch, use your left hand to apply light pressure. Relax your shoulders and breathe deeply.



NECK

NECK FLEXION STRETCH



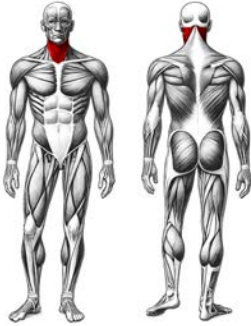
Splenius capitis, Splenius cervicis, Sternocleidomastoid, Trapezius

Sit or stand comfortably with your shoulders relaxed and your head in line with your spine. Lower your chin to your chest, keeping your back straight, until you feel a gentle stretch at the back of your neck. To deepen the stretch, place your hands on the back of your head while keeping your shoulders relaxed. Gradually lift your head back up.



NECK

SCALENE STRETCH



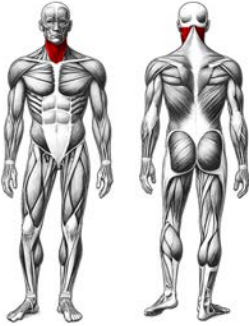
Scalenes,
Sternocleidomastoid

Sit or stand tall with your back straight. Gently tilt your head to one side, bringing your ear towards your shoulder. Use your opposite hand to apply light pressure on the top of your head for a deeper stretch. Keep your shoulders relaxed and focus on aligning your spine. Repeat on the other side.



NECK

SIDEWAY NECK STRETCH



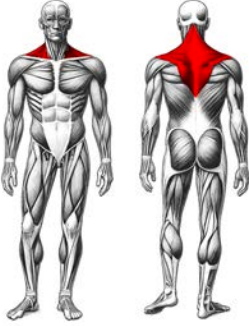
**Trapezius,
Sternocleidomastoid,
Levator scapulae, Splenius
capitis, Scalene**

Stand or sit up straight with your back aligned. Interlace your fingers behind your head, keeping your elbows wide. Gently pull your head down using your hands while lowering your chin towards your chest, feeling a stretch in your neck. Keep your shoulders relaxed and avoid bouncing. When ready, lift your head back up and release your hands.



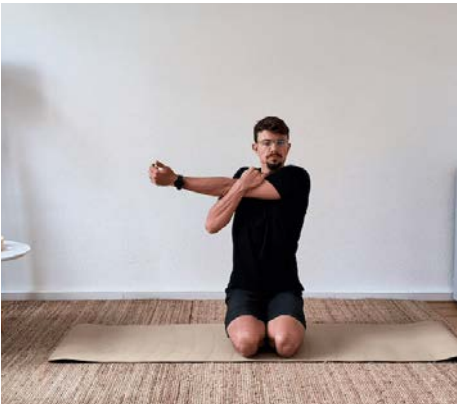
TRAPEZIUS

CROSS-BODY SHOULDER STRETCH



**Deltoides, Supraspinatus,
Infraspinatus, Teres minor,
Pectoralis major**

Stand or sit upright with your back straight. Raise one arm to shoulder height and cross it gently over your chest. Use your other hand to hold the arm above the elbow, pulling it closer to your body. Keep your shoulder relaxed and your neck soft. To intensify, gently pull your arm further in while maintaining a straight back.



SHOULDERS

EXTERNAL SHOULDER STRETCH



Supraspinatus,
Infraspinatus, Teres minor

Stand in a doorway and bend your arm to a 90-degree angle, placing your forearm against the doorframe at shoulder height. Keep your elbow level with your shoulder. Slowly turn your body away from the door while keeping your forearm in place. Feel the gentle stretch in your shoulder and adjust your body position as needed to deepen the stretch.



SHOULDERS

OVERHEAD SHOULDER STRETCH



**Deltoideus, Trapezius,
Pectoralis, Latissimus,
Serratus, Rhomboideus**

Stand or sit with your back straight. Raise both arms overhead, keeping elbows close to your ears. Clasp your hands with palms facing up. Engage your core for balance. Gently lean to one side, feeling a stretch on the opposite side of your body. Keep your shoulders relaxed and maintain a tall spine.



SHOULDERS

SHOULDER INTERNAL ROTATION STRETCH



Subscapularis, Pectoralis major, Teres major, Latissimus dorsi

Stand or sit tall. Reach one arm behind your back, placing the back of your hand near your lower spine. With your other hand, gently pull your elbow upward to encourage inward rotation of your shoulder. Keep your shoulders relaxed and avoid hunching. To deepen the stretch, lean slightly forward while maintaining a straight back.



SHOULDERS

WALL ANGEL / WALL SLIDES



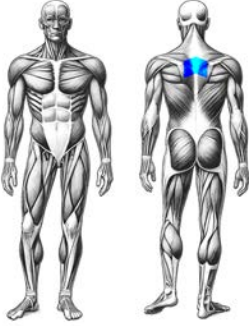
Deltoides (posterior and lateral), Rhomboideus, Trapezius (middle and lower), Rotator cuff

Stand with your back against the wall, feet 15-30 cm away. Ensure your lower back, shoulder blades, and head are in contact with the wall. Bend your elbows at 90 degrees and keep your arms at shoulder height. Press your arms against the wall as you slowly slide them upward, maintaining contact. Hold briefly at the top before lowering back down.



RHOMBOIDS

CAT-COW STRETCH



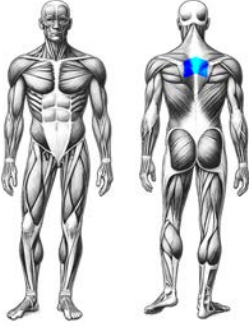
Rhomboideus major,
Rhomboideus minor,
Erector spinae

Begin on your hands and knees in a tabletop position, with your wrists directly under your shoulders and knees under your hips. Inhale to arch your back, lifting your head and tailbone (Cow Pose). Exhale as you round your spine, tucking your chin and pelvis (Cat Pose). Maintain a smooth flow between poses, keeping your core engaged.



RHOMBOIDS

EAGLE ARMS (GARUDASANA)



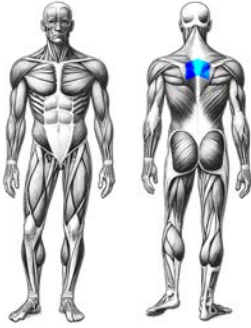
Sit or stand with a straight spine and relaxed shoulders. Extend your arms forward at shoulder height. Cross your right arm under your left, bringing the backs of your hands together. Bend your elbows, pressing palms together or the backs of your hands. Lift your elbows to shoulder height, gently pulling away from your face. Feel a stretch in your shoulders and upper back while keeping your posture relaxed.

Deltoideus, Trapezius, Rhomboideus, Infraspinatus, Teres minor, Subscapularis, Pectoralis major, Pectoralis minor



RHOMBOIDS

REVERSE BEAR HUG STRETCH



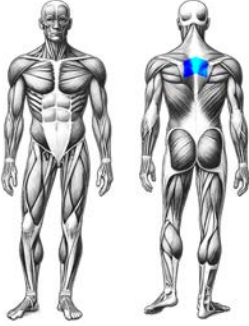
Rhomboideus, Trapezius

Stand tall with your feet shoulder-width apart. Wrap your arms around yourself, placing your hands on the opposite shoulder blades. Gently pull your shoulders forward and tuck your chin slightly downward to feel a stretch between your shoulder blades and upper back. Keep your spine straight and shoulders relaxed.



RHOMBOIDS

THREAD THE NEEDLE



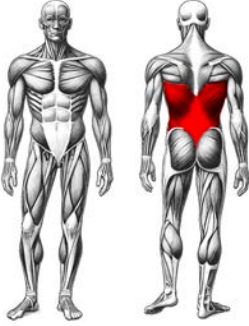
Rhomboideus, Trapezius,
Serratus, Deltoideus,
Pectoralis, Latissimus,
Subscapularis

Start on all fours with your hands beneath your shoulders and knees beneath your hips. Engage your core for stability. Reach your right arm under your left arm, with your palm facing up, and lower your right shoulder and head towards the ground. Feel the stretch in your upper back. Press into your left hand to return, then repeat on the left side.



LATISSIMUS DORSI

HANGING LAT STRETCH



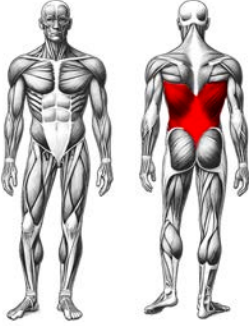
Latissimus dorsi, Trapezius, Erector spinae, Rhomboids

Find a sturdy horizontal bar to grip with both hands, spacing your hands shoulder-width apart. Allow your arms to fully extend as you lower your body, keeping your feet lightly touching the ground. Feel a gentle stretch in your sides. For a deeper stretch, lean towards one side, focusing on your lats. Switch sides if desired.



LATISSIMUS DORSI

KNEE-TO-ELBOW SIDE STRETCH



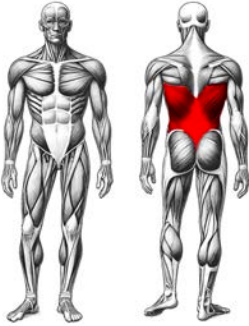
Latissimus dorsi, Obliques,
Erector spinae

Kneel on the floor, keeping your knees together or hip-width apart. Reach one arm over your head, leaning your torso to the opposite side. Keep your hips facing forward and feel the stretch along your side. For a deeper stretch, place your other hand on the ground and extend the top arm further. Maintain a relaxed posture.



LATISSIMUS DORSI

LATISSIMUS DORSI STRETCH



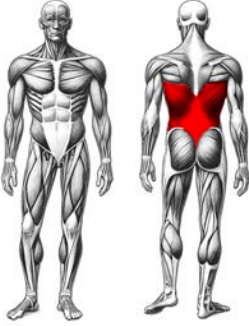
Latissimus dorsi, Teres major, Pectoralis major, Serratus anterior, Obliques

Stand tall with your feet shoulder-width apart. Raise both arms overhead with palms facing each other. Either interlock your fingers or keep your arms parallel. Take a deep breath, elongating your spine. As you exhale, lean gently to one side without moving your hips. Feel the stretch along your side while keeping your back straight.



LATISSIMUS DORSI

PUPPY POSE



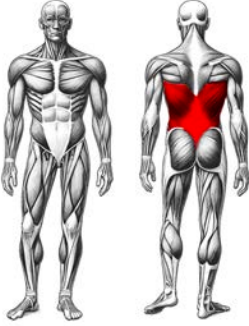
Latissimus dorsi, Teres major, Trapezius, Rhomboid, Pectoralis major, Subscapularis, Deltoid, Serratus anterior

Begin in a tabletop position with your hands aligned under your shoulders and your knees under your hips. Inhale and stretch your arms forward, pressing your palms into the ground. Exhale, lowering your chest towards the floor while keeping your hips above your knees. Let your head rest on the mat or turn to the side, feeling a gentle stretch in your back and shoulders.



LATISSIMUS DORSI

SIDE-LYING STRETCH



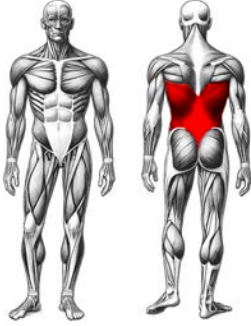
Latissimus dorsi, Teres major, Pectoralis major, Serratus anterior, Obliques

Lie on your side on a soft surface, keeping your body straight. Extend your lower arm in front of you, resting it on the ground. Reach your upper arm overhead towards the floor on the opposite side, relaxing your shoulder. For a deeper stretch, gently pull your upper arm further or bend your lower knee for better stability.



LATISSIMUS DORSI

WALL LAT STRETCH



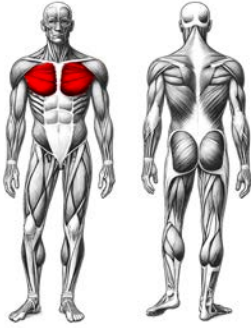
Latissimus dorsi, Teres major, Obliques

Stand facing a wall with your arms raised overhead. Place your palms flat against the wall, ensuring your elbows are slightly bent. Step back a little and lean your torso forward, feeling a stretch along your sides and back. To enhance the stretch, gently bend your knees and focus on lengthening your spine.



CHEST

CAMEL POSE



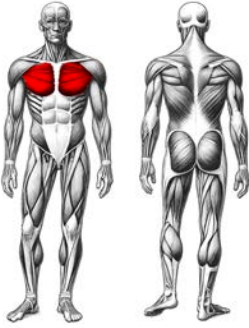
Pectoralis major, Pectoralis minor, Intercostales, Deltoideus anterior, Rectus abdominis, Quadratus lumborum, Spinalis,

Kneel on a soft surface with knees hip-width apart. Keep your feet flat behind you. Place your hands on your lower back with fingers pointing down. Inhale, then as you exhale, gently arch your back and lift your chest towards the ceiling. For a deeper stretch, reach for your heels while keeping elbows pointing back. Stay steady in your breath and enjoy the stretch in your chest. To come out, release your heels, sit back upright, and return to kneeling.



CHEST

CHEST OPENER (INTERLACED HANDS BEHIND BACK)



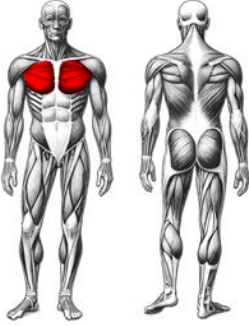
Pectoralis major, Pectoralis minor, Deltoideus, Trapezius, Rhomboideus, Latissimus dorsi

Stand up straight with your feet shoulder-width apart. Interlace your fingers behind your back, palms facing each other. Straighten your arms and gently pull your hands away from your body while lifting your chest. Keep your shoulders relaxed, down away from your ears. To deepen the stretch, move your hands further away or lean slightly forward.



CHEST

DOORWAY CHEST STRETCH



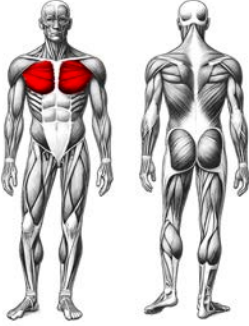
Pectoralis major, Pectoralis minor, Deltoideus, Serratus anterior

Stand in a doorway with your feet shoulder-width apart for stability. Raise your arms to shoulder height and place your elbows against the doorframe, forming a 90-degree angle. Gently lean your body forward through the doorway while keeping your head and neck aligned. You should feel a nice stretch in your chest. Keep your shoulders relaxed and avoid hunching. For a deeper stretch, lean in slightly further while maintaining good posture.



CHEST

LYING CHEST STRETCH



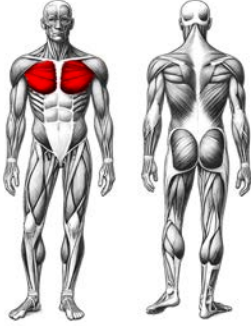
Pectoralis major, Pectoralis minor, Anterior deltoid

Lie face down on the floor with your legs extended. Stretch your right arm out to the side at shoulder height. Place your left hand under your shoulder. Gently push into the ground as you rotate your body to the left, keeping your right arm on the floor. Lift your hips slightly to enhance the stretch in your right chest and shoulder.



CHEST

T-SPINE ROTATION WITH REACH



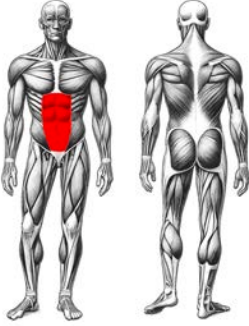
Pectoralis major, Anterior deltoid, Rhomboids, Latissimus dorsi

Lie on your side with your bottom leg straight and your top leg bent at a 90-degree angle, resting your knee on the ground. Extend your arms in front of you, palms together. Slowly rotate your upper body, reaching your top arm behind you while keeping your hips steady. Feel the stretch in your chest and shoulder as you turn.



RECTUS ABDOMINIS

BOW POSE (DHANURASANA)



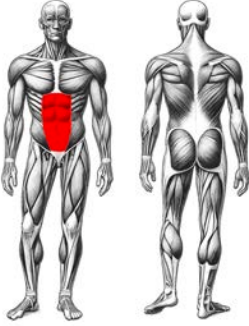
Rectus femoris, Iliopsoas,
Pectoralis major, Thoracic
spine, Rectus abdominis,
Quadratus lumborum

Lie on your stomach with your arms at your sides, palms facing down. Bend your knees and bring your heels towards your glutes. Reach back to grasp your ankles. Inhale, lift your chest and thighs off the ground, pressing your ankles into your hands. Keep your gaze forward and shoulders relaxed. Focus on lengthening your spine.



RECTUS ABDOMINIS

BRIDGE POSE (SETU BANDHASANA)



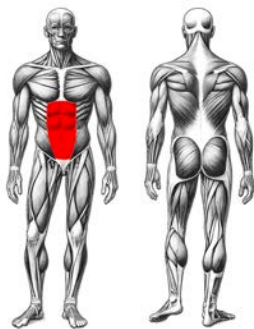
Rectus abdominis,
Quadriceps, Gluteus
maximus, Pectoralis major

Lie on your back with your knees bent and feet hip-width apart, flat on the floor. Place your arms at your sides, palms down. Press your feet into the floor to lift your hips towards the ceiling, squeezing your glutes and engaging your core. To deepen the stretch, press your shoulders into the mat and avoid putting strain on your neck.



RECTUS ABDOMINIS

COBRA POSE



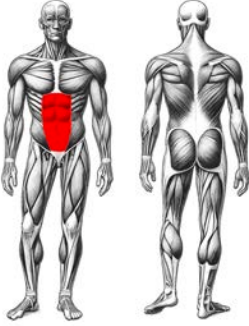
Pectoralis major, Pectoralis minor, Rectus abdominis, Serratus anterior, Iliopsoas, Quadratus lumborum

Lie face down on a soft surface with your legs extended and toes pointed. Place your palms under your shoulders, fingers spread wide. Inhale and press into your palms to lift your chest, keeping your hips grounded. Squeeze your shoulder blades together and lift your gaze slightly forward, engaging your back muscles for a deeper stretch.



RECTUS ABDOMINIS

STANDING BACKBEND (ANUVITTASANA)



Rectus abdominis,
Quadratus lumborum,
Obliques, Pectoralis major

Stand tall with your feet hip-width apart. Raise your arms overhead and gently arch your back. Push your hips forward and lift your chest towards the sky. Slightly bend your knees and engage your core to support your lower back. Relax your shoulders while keeping your arms active. Return slowly to a neutral position.



OBLIQUES

GATE POSE (PARIGHASANA)



Begin in a kneeling position with your knees hip-width apart. Slide your right leg out to the side, keeping your foot flat. Inhale and as you exhale, lean your torso to the right, reaching your right hand toward your right foot. Extend your left arm overhead, keeping your shoulders relaxed and avoiding strain in your lower back.

Obliquus externus abdominis, Obliquus internus abdominis, Rectus abdominis, Latissimus dorsi, Erector spinae,



OBLIQUES

REVOLVED TRIANGLE POSE



Stand with feet 3-4 feet apart, weighting evenly. Turn your right foot out and keep your left foot forward. Engage your core. Hinge at your hips, lowering your torso toward your right leg. Place your left hand on the ground for support, twist your torso right, and extend your right arm overhead. Maintain a long spine and breathe deeply.

Obliquus externus, Obliquus internus, Rectus abdominis, Transversus abdominis, Latissimus dorsi, Sacrospinalis,



OBLIQUES

SEATED SPINAL TWIST



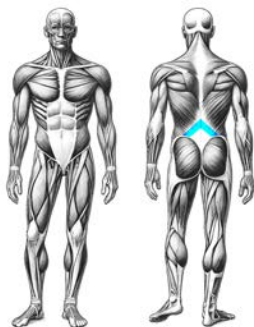
Rhomboideus, Trapezius, Latissimus, Erector spinae, Multifidus, Obliquus, Rectus abdominis, Iliopsoas

Sit up tall with your legs extended in front of you. Bend your right knee and place your right foot outside your left thigh. Inhale deeply, then as you exhale, gently twist your torso to the right. Use your left elbow against your right knee for support, keeping your spine long and shoulders relaxed. Look over your shoulder to deepen the stretch.



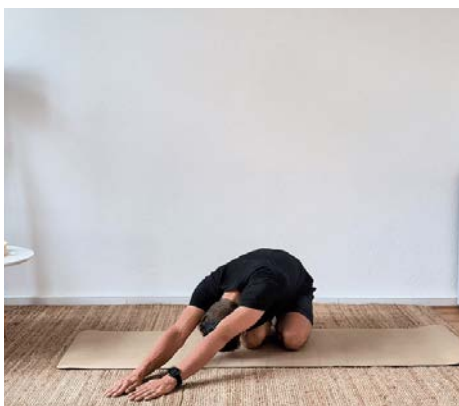
QUADRATUS LUMBORUM

CHILD'S POSE WITH SIDE REACH



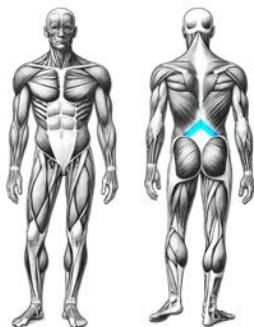
Kneel on the floor, sitting back on your heels to find Child's Pose. Lower your torso forward, resting your forehead on the mat. Stretch your arms out in front of you. Walk your hands to the right, feeling a gentle stretch in your left side. Reach your left arm further to deepen the stretch, keeping your hips grounded. Stay relaxed.

Quadratuslumborum,
Latissimusdorsi,
Serratusanterior,
Externaloblique,
Internaloblique,



QUADRATUS LUMBORUM

SUPINE TWIST (RECLINED SPINAL TWIST)



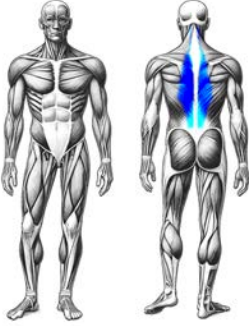
Lie on your back with your knees bent and feet flat, hip-width apart. As you exhale, slowly drop your knees to one side while keeping your shoulders relaxed on the floor. Turn your head to the opposite side for a deeper stretch. To intensify, explore pressing your knees closer to the ground, maintaining a stable pelvis.

Quadratus lumborum,
Erector spinae, Multifidus,
Psoas, Obliquus externus,
Obliquus internus,
Latissimus dorsi



ERECTOR SPINAE

HAPPY BABY POSE



Erector spinae, Gluteus maximus, Iliopsoas, Quadratus lumborum, Hamstrings, Tensor fasciae latae, Adductors, Rectus

Lie on your back with a soft surface beneath you. Bend your knees and bring your feet toward your bottom. Grasp the outer edges of your feet with your hands. Relax your shoulders onto the ground. Inhale, gently pulling your knees towards your armpits while keeping your lower back pressed down. Maintain a relaxed position.



ERECTOR SPINAE

SEATED FORWARD BEND SPINE



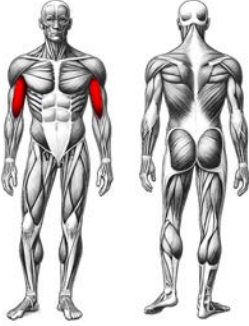
Erector spinae, Biceps femoris, Semitendinosus, Semimembranosus

Sit on the floor with your knees slightly bent and feet flat on the ground. Keep your spine tall and hinge forward from your hips, reaching your hands towards your feet. If needed, use a strap around your feet for support. Maintain a straight back and avoid rounding your spine. The bent knees allow you to focus more on stretching your lower back (Erector Spinae) while still gently stretching the hamstrings. Deepen the stretch by flexing your feet towards you and slightly extending your knees as flexibility allows.



BICEPS

WALL BICEPS STRETCH



Biceps, Brachialis,
Brachioradialis, Pectoralis
major, Deltoid

Stand facing a wall with feet shoulder-width apart. Extend your right arm to the side and press your palm against the wall at shoulder height, fingers up. Slowly turn your body away from the wall while keeping your palm in place, feeling a stretch in your biceps and shoulder. For a deeper stretch, lean slightly forward.



TRICEPS

COW FACE POSE (GOMUKHASANA)



Triceps, Deltoideus, Pectoralis, Latissimus, Supinator, Infraspinatus, Teres, Rhomboideus, Subscapularis

Sit on the floor and cross your legs, stacking your knees. Sit up tall and engage your core. Inhale, then exhale and lift your right arm overhead, bending your elbow behind your back with your palm facing out. Bring your left arm around to clasp your hands. If your hands don't touch, use a strap. Keep your chest open and spine straight. To deepen the stretch, gently press your shoulder blades down and away from your ears. Switch sides and repeat.



TRICEPS

REVERSE PRAYER POSE



Triceps, Deltoideus,
Pectoralis, Rhomboideus,
Latissimus, Subscapularis

Stand or sit tall, aligning your spine. Bring your palms together behind your back with fingers pointing upward. Bend your elbows to 90 degrees, keeping your arms close to your torso. Gently pull your hands towards your back to feel a stretch in your shoulders and triceps. Keep your neck relaxed and breathe deeply.



TRICEPS

TRICEPS STRETCH



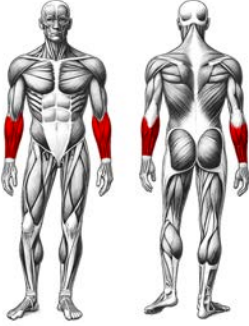
Triceps, Deltoideus,
Pectoralis, Latissimus,
Teres major

Stand or sit tall. Raise your right arm straight above your head, keeping your elbow next to your ear. Bend your elbow and bring your hand down between your shoulder blades. With your left hand, gently pull your right elbow back to deepen the stretch. Keep your shoulders relaxed and your back straight.



FOREARMS

PRONATION STRETCH



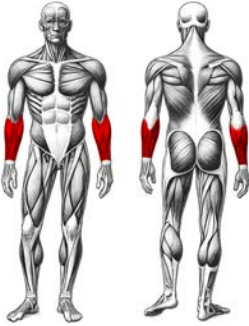
Pronator teres, Pronator quadratus

Stand or sit with a light dumbbell or stick in one hand, palm facing down. Bend your elbow to 90 degrees, keeping it close to your body. Slowly rotate your forearm inward until your palm faces the floor. Hold this position and feel the stretch in your forearm. Keep your shoulder relaxed throughout the exercise.



FOREARMS

RADIAL DEVIATION STRETCH



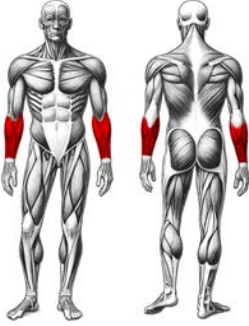
Extensor carpi radialis longus, Extensor carpi radialis brevis

Extend one arm straight in front of you with your palm facing down. Slowly bend your wrist towards the thumb side, keeping your fingers pointing up. Feel the stretch in your wrist and forearm. For a deeper stretch, gently pull on your fingers with your other hand. Switch arms and repeat.



FOREARMS

REVERSE WRIST STRETCH (PALMS DOWN)



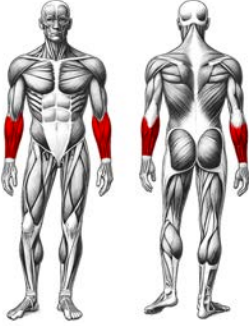
Extend your right arm out in front of you at shoulder height, with your palm facing down and fingers pointing forward. Use your left hand to gently pull back on your right fingers towards your body, feeling a mild stretch in your wrist and forearm. Keep your right elbow straight and your shoulders relaxed throughout the stretch.

Flexor digitorum superficialis, Flexor digitorum profundus, Palmaris longus, Flexor carpi radialis, Flexor carpi



FOREARMS

SUPINATION STRETCH



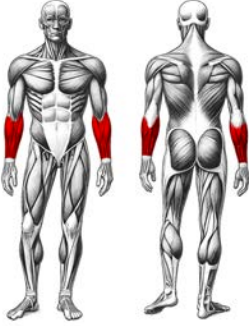
Supinator, Biceps brachii

Stand or sit comfortably, holding a light dumbbell or stick in one hand with your palm facing up. Bend your elbow to 90 degrees and keep it close to your body. Slowly rotate your forearm outward, away from your body, while keeping your elbow stationary. Feel the stretch in your forearm and adjust your grip for a deeper stretch.



FOREARMS

ULNAR DEVIATION STRETCH



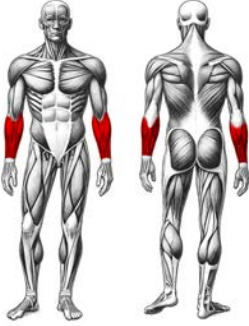
Extensor carpi ulnaris,
Flexor carpi ulnaris

Extend one arm straight in front of you with your palm facing down. Slowly bend your wrist toward your little finger side while keeping your arm straight. For a deeper stretch, use your other hand to gently pull back on your fingers. Maintain a straight arm and feel the stretch in your wrist and forearm.



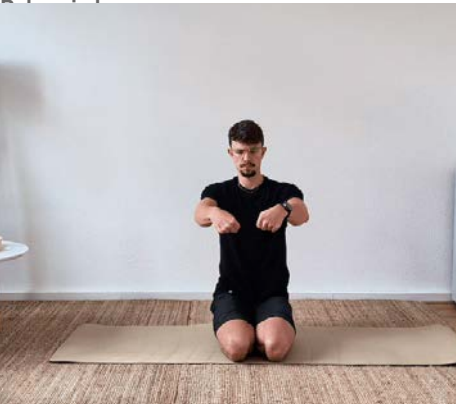
FOREARMS

WRIST CIRCLES



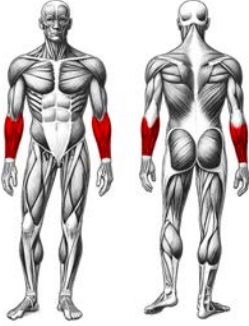
Extensor carpi radialis longus, Extensor carpi radialis brevis, Extensor carpi ulnaris, Flexor carpi radialis, Flexor carpi ulnaris,

Stand or sit comfortably with your arms relaxed. Raise your forearms to shoulder height, keeping your elbows bent at 90 degrees and palms facing down. Rotate your wrists slowly in small circles, first in one direction and then the other. Maintain control in your movements and relax your wrists. Adjust forearm angles if you want a deeper stretch.



FOREARMS

WRIST EXTENSOR STRETCH



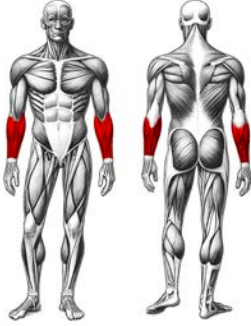
Extensor carpi radialis longus, Extensor carpi radialis brevis, Extensor digitorum, Extensor carpi ulnaris, Extensor pollicis

Sit or stand comfortably with your arm extended straight in front of you at shoulder level, palm facing down. Keep your elbow straight and wrist aligned. Use your other hand to gently pull back on your extended arm's fingers or palm. Feel the stretch along the top of your forearm. Keep shoulders relaxed and maintain a comfortable position.



FOREARMS

WRIST FLEXOR STRETCH



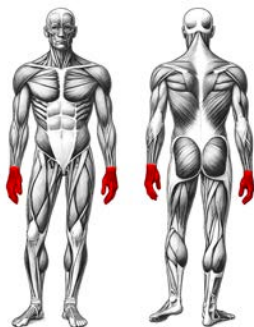
Flexor carpi radialis, Flexor carpi ulnaris, Flexor digitorum superficialis, Flexor digitorum profundus, Palmaris longus

Sit or stand up straight with your feet flat. Extend your right arm forward at shoulder height, palm facing up. Keep your elbow straight and shoulder relaxed. With your left hand, gently pull back your right fingers toward you to feel a stretch in your forearm. Keep your wrist straight and shoulder down for a deeper stretch.



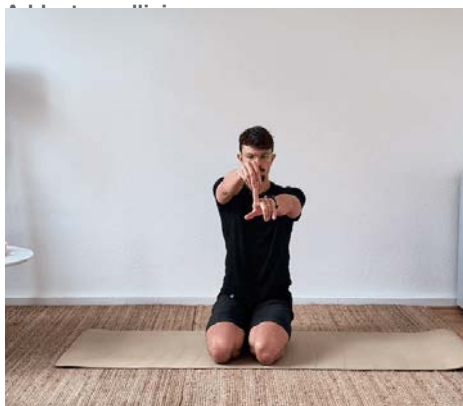
HANDS AND FINGERS

FINGER PULL STRETCH



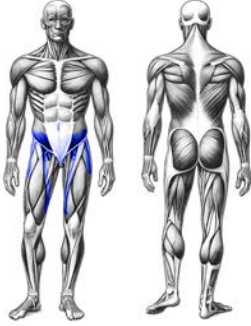
Sit comfortably or stand relaxed with good posture. Extend one arm in front, palm facing up. Use your opposite hand to grasp each finger, starting from the index to the pinky. Gently pull back on each finger, feeling a stretch in your palm and fingers. Keep the motion gentle and avoid any pain. Switch hands and repeat.

Flexor digitorum superficialis, Flexor digitorum profundus, Extensor digitorum, Abductor pollicis longus,



HIP FLEXORS

HIP INTERNAL ROTATION STRETCH



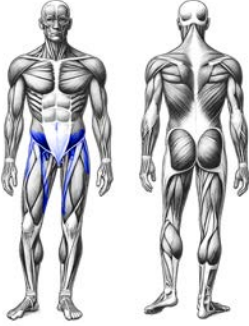
Adductors, Gluteus medius,
Tensor fasciae latae

Sit on the floor with one leg extended straight and the other leg bent, bringing the foot close to your groin. Keep your back straight. Gently rotate your extended leg inward, aiming to lower the foot towards the ground. To deepen the stretch, focus on relaxing your hips and maintaining a tall spine throughout the stretch.



HIP FLEXORS

LOW LUNGE (ANJANEYASANA)



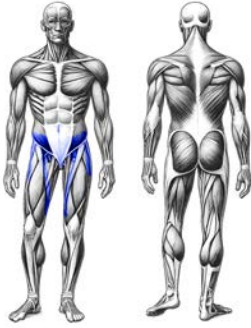
Iliopsoas, Rectus femoris, Sartorius, Tensor fasciae latae, Pectineus, Adductor longus, Adductor magnus, Quadratus lumborum

Stand with feet hip-width apart. Engage your core and step your right foot back into a lunge, keeping your left knee above your left ankle. Straighten your right leg and lift your right heel. Lower your right knee to the ground with toes tucked, then press your hips forward and lift your chest. Feel the stretch in your hip flexors.



HIP FLEXORS

RUNNER'S LUNGE



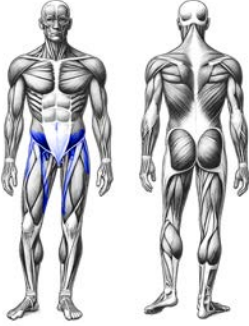
Iliopsoas, Rectus femoris,
Tensor fasciae latae,
Pectineus, Sartorius

Stand tall with feet hip-width apart. Step your right foot forward and bend your right knee at a 90-degree angle. Keep your left leg straight back with the heel lifted and toes pointing down. Engage your core for balance. Press your hips down and forward to feel a stretch in your left hip. Switch sides when ready.



HIP FLEXORS

STANDING HIP FLEXOR STRETCH



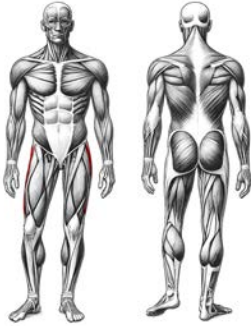
Iliopsoas, Rectus femoris,
Sartorius, Tensor fasciae
latae, Pectineus, Quadriceps

Stand tall with one foot forward and the other foot extended back, toes pointing down. Bend your front knee while keeping your back leg straight and press your hips forward. Keep your chest up and back straight. Feel the stretch in the hip flexor of your back leg. Switch sides to repeat.



IT BAND

STANDING IT BAND STRETCH



Iliotibial band, Tensor fasciae latae, Gluteus medius

Stand tall with feet hip-width apart. Cross your right leg behind your left leg. Keep your back straight and gently lean your torso to the left side. You should feel a stretch along the outer side of your right thigh. To deepen the stretch, push your hips slightly to the right while maintaining your posture.



GLUTEAL MUSCLES

90/90 HIP STRETCH



Gluteus maximus, Hip rotators, Adductors

Sit on the ground with one leg in front, bent at a 90-degree angle, and the other leg behind you, also bent at 90 degrees. Keep your back straight. Gently lean your torso forward over the front leg to feel a deeper stretch in your hips. Ensure both hips remain down on the ground for proper alignment.



GLUTEAL MUSCLES

FIGURE-FOUR STRETCH



Gluteus maximus, Gluteus medius, Gluteus minimus, Piriformis

Lie on your back with your knees bent and feet flat on the floor. Cross your right ankle over your left knee to create a 'figure four.' Keep your right knee pointed out to the side. Grab your left thigh behind the knee and gently pull it towards your chest, feeling the stretch in your right glute and hip. Engage your core for support.



GLUTEAL MUSCLES

FIRE LOG POSE (AGNISTAMBHASANA)



Gluteus maximus, Gluteus medius, Gluteus minimus, Piriformis, Tensor fasciae latae, Iliopsoas, Quadratus femoris, Adductor brevis,

Sit comfortably with your legs extended. Bend your right knee and place your right ankle on your left knee, creating a figure-four shape. Next, bend your left knee and move your left foot towards your hip, keeping it flat on the ground. Make sure your knees are stacked and your back is straight. For a deeper stretch, gently press down on your right knee while keeping your left foot grounded. Focus on your breath, letting your hips relax with each exhale.



GLUTEAL MUSCLES

HIP EXTERNAL ROTATION STRETCH



Gluteus medius, Gluteus minimus, Piriformis, Adductors

Sit on the ground with your legs extended in front of you. Bend one knee and place your foot on the opposite thigh, creating a 'figure-four' shape. Sit up tall, keeping your back straight, and gently press your bent knee downwards. You can lean forward slightly to deepen the stretch in your hip and glute.



GLUTEAL MUSCLES

KNEE-TO-CHEST STRETCH



Gluteus maximus, Gluteus medius, Gluteus minimus, Hip flexors, Erector spinae

Lie on your back with your legs extended. Bend one knee and pull it towards your chest, holding your shin or knee with both hands. Keep the other leg flat on the floor and press your lower back into the ground. To deepen the stretch, gently pull your knee closer while relaxing your shoulders and maintaining a neutral spine.



GLUTEAL MUSCLES

PIGEON POSE



Iliopsoas, Rectus femoris,
Sartorius, Tensor fasciae
latae, Gluteus maximus,
Gluteus medius, Piriformis

Start in a high plank with your hands under shoulders. Engage your core. Bring your right knee forward behind your right wrist, placing your right foot near your left hip. Extend your left leg back and lower your torso, using your forearms or arms. Keep your back straight and hips squared. To exit, press into your hands and return to plank before switching sides.



GLUTEAL MUSCLES

SEATED HIP STRETCH



Gluteus maximus, Gluteus medius, Gluteus minimus, Piriformis

Sit on the floor with your legs straight in front of you. Bend your right knee and place your right ankle over your left knee, creating a figure-four shape. Keep your right foot flexed. Hold onto your left thigh or shin with both hands, gently pulling towards your chest. Lightly press down on your right knee with your right hand to deepen the stretch.



QUADRICEPS

HALF FROG POSE



Rectus femoris, Vastus medialis, Vastus lateralis, Vastus intermedius

Start in a tabletop position with your hands under your shoulders and knees under your hips. Engage your core and slide your right knee out to the side, aligning your foot with your hip. Lower your hips towards your right heel, extending your left leg straight back, toes pointing. To intensify, gently push your hips down while keeping your back straight.



QUADRICEPS

LYING QUAD STRETCH



Rectus femoris, Vastus lateralis, Vastus medialis, Vastus intermedius

Lie on your side with your body straight and head supported by your arm or a cushion. Bend your knees and bring them toward your glutes. Grab your ankle with your hand, keeping your thigh in line with your torso. Gently pull your heel toward your glutes to feel a stretch in the front of your thigh. Engage your core for stability.



QUADRICEPS

RECLINED HERO POSE



Rectus femoris, Vastus lateralis, Vastus medialis, Vastus intermedius

Kneel with your knees together and feet flat behind you. Sit back onto your heels, feeling comfortable in your ankles. Lean back onto your elbows, keeping your chest open. If possible, lower your back to the floor. Relax your shoulders and take deep breaths, feeling a gentle stretch in your quadriceps.



QUADRICEPS

STANDING QUAD STRETCH



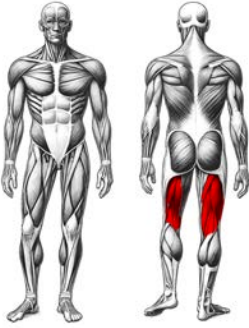
Rectus femoris, Vastus intermedius, Vastus lateralis, Vastus medialis

Stand upright and shift your weight onto one leg. Bend the other knee and pull your foot toward your glutes, holding your ankle with the same-side hand. Keep your knees together and gently push your hips forward to feel a deeper stretch in your thigh. Maintain a neutral pelvis and avoid arching your lower back.



HAMSTRINGS

PYRAMID POSE



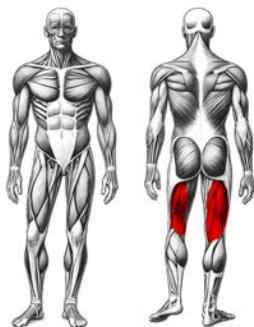
Semimembranosus, Semitendinosus, Biceps femoris, Gluteus maximus, Adductor longus

Stand with your feet wide apart and toes facing forward. Turn your right foot out to 90 degrees and keep your left foot in line. Engage your core and extend your arms out to the sides, parallel to the floor. Hinge at your hips to fold forward, reaching towards your right foot. Place your hands on the floor or on a block. Keep your left leg straight, allowing a slight bend in your right knee if needed. Breathe deeply and feel the stretch in your right leg, hamstrings, and glutes.



HAMSTRINGS

RECLINED HAMSTRING STRETCH (WITH STRAP)



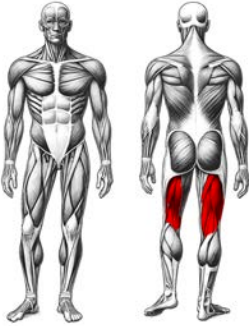
Biceps femoris,
Semitendinosus,
Semimembranosus

Lie on your back with your head supported if needed. Extend both legs flat on the ground. Use a strap or belt around the ball of your right foot, keeping your left leg straight and resting on the floor. Gently pull the strap towards you to raise your right leg, keeping your hips grounded and shoulders relaxed. For a deeper stretch, pull a bit more on the strap while maintaining a straight leg. Switch legs and repeat.



HAMSTRINGS

SEATED FORWARD BEND



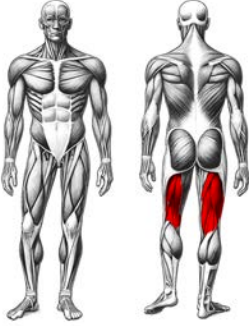
Biceps femoris, Semitendinosus, Semimembranosus, Erector spinae

Sit on the floor with your legs extended straight in front of you. Keep your spine tall and flex from your hips, reaching your hands toward your feet. If you can't reach your feet, grab your shins or use a strap around your feet. Keep your back as straight as possible to avoid rounding your spine. You should feel the stretch in the back of your thighs (hamstrings) and your lower back. To deepen the stretch, flex your feet towards you.



HAMSTRINGS

STANDING FORWARD BEND



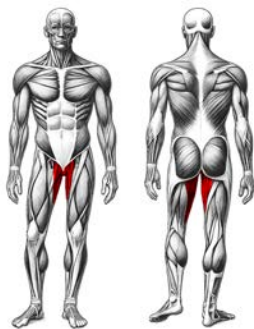
Semitendinosus,
Semimembranosus, Biceps
femoris, Gluteus maximus,
Erector spinae

Stand tall with feet hip-width apart and arms by your sides. Spread your toes and engage your leg muscles. Inhale deeply. As you exhale, hinge at your hips, keeping your back straight, and fold forward. Reach for the ground or your shins. Relax your neck and let your head hang heavy. Feel a gentle stretch in your legs and lower back.



ADDUCTORS (INNER THIGH)

BUTTERFLY STRETCH



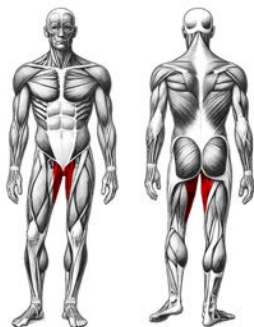
Adductor longus, Adductor brevis, Pectineus

Sit on the floor with the soles of your feet together, letting your knees fall out to the sides. Hold your feet with both hands. Keep your back straight and gently push your knees down with your elbows to deepen the stretch. For a more intense stretch, lean forward slightly while keeping your spine long.



ADDUCTORS (INNER THIGH)

COSSACK SQUAT



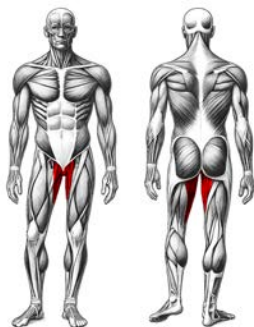
Adductor longus, Adductor magnus, Quadriceps

Stand with your feet wider than hip-width apart. Shift your weight to one side by bending that knee, keeping the other leg straight. Lower into a squat on the bent knee side while keeping your back straight and chest up. Hold this position, focusing on balance and breathing deeply. Switch sides and repeat.



ADDUCTORS (INNER THIGH)

DEEP SQUAT STRETCH



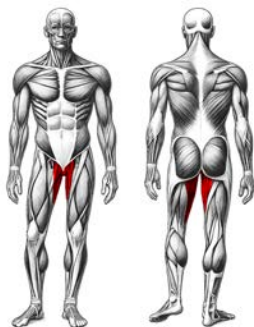
Adductor longus, Adductor magnus, Gluteal muscles

Stand with feet wider than hip-width apart. Slowly lower into a squat, keeping your heels flat on the ground and your back straight. Push your hips back as you descend. To deepen the stretch, use your elbows to gently press your knees apart while maintaining a straight back. Hold the position comfortably.



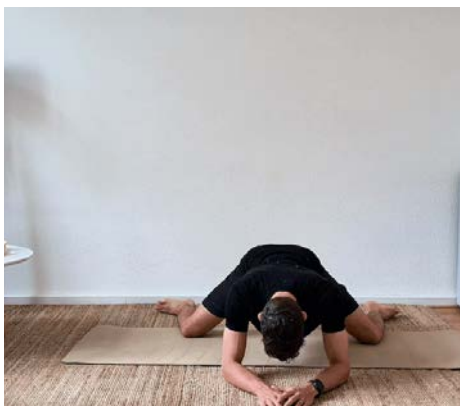
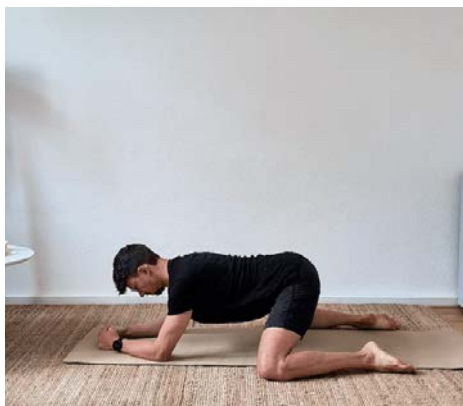
ADDUCTORS (INNER THIGH)

FROG STRETCH



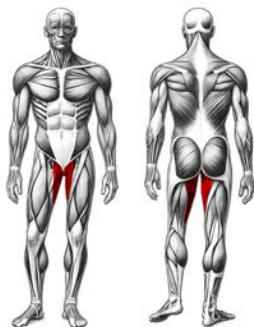
Iliopsoas, Adductors,
Gluteal muscles

Start on all fours with your knees spread wide and hands directly under your shoulders. Slowly lower your hips back towards your heels, feeling a stretch in your inner thighs and hips. Keep your chest lifted and back flat. For a deeper stretch, gently press your hips down while extending your arms forward. Maintain a relaxed posture.



ADDUCTORS (INNER THIGH)

SEATED STRADDLE STRETCH



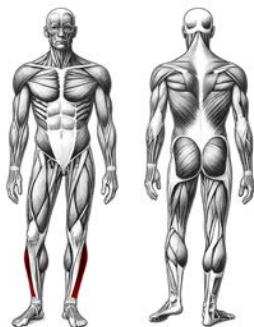
Adductor longus, Adductor brevis, Adductor magnus, Pectineus, Gracilis

Sit on the floor with your legs spread wide and feet flexed, toes pointing up. Keep your back straight and engage your core. Slowly hinge at your hips to lean forward, reaching your hands towards the ground. Aim to bring your chest towards the floor while relaxing your neck. To deepen the stretch, walk your hands further out.



TIBIALIS ANTERIOR (SHIN MUSCLES)

SEATED SHIN STRETCH



Tibialis anterior, Extensor digitorum longus, Extensor hallucis longus

Sit on the floor with your legs extended straight in front of you. Keep your back tall and flex your feet by pointing your toes towards your shins, pressing your heels into the ground. Feel the stretch in your lower legs. Focus on keeping your knees straight and your feet firmly flexed for a deeper sensation.



TIBIALIS ANTERIOR (SHIN MUSCLES)

STANDING SHIN STRETCH



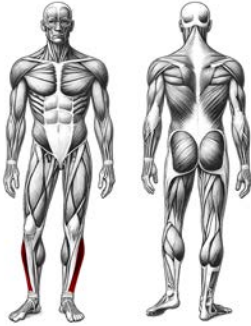
Tibialis anterior, Extensor hallucis longus, Extensor digitorum longus, Peroneus tertius

Stand tall on one leg, keeping your core engaged for balance. If needed, bend your supporting knee slightly. Lift the opposite foot by bending the knee and bringing your heel towards your glutes. Grasp your toes and gently pull towards your shin, aligning your knee. Feel the stretch in your lower leg and ensure your posture is upright.



TIBIALIS ANTERIOR (SHIN MUSCLES)

TOE RAISES



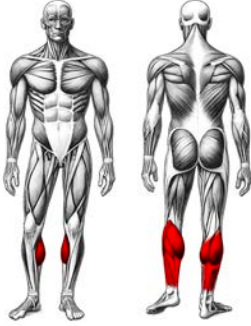
Tibialis anterior, Extensor digitorum longus, Extensor hallucis longus

Stand tall with your feet hip-width apart. Balance your weight evenly on both feet. Raise your toes towards your shins, keeping your heels flat on the ground. Hold this position briefly to feel the stretch in your calves, then lower your toes back down. Continue this movement smoothly while maintaining good posture.



CALF MUSCLES (GASTROCNEMIUS AND SOLEUS)

BENT KNEE CALF STRETCH



Soleus, Gastrocnemius

Stand facing a wall, arms extended with palms flat against it. Step one foot back, keeping that knee slightly bent while pressing the heel of your back foot into the ground. Keep your front knee straight and ensure your hips are facing forward. Feel the stretch in your lower calf, adjusting your position if needed for comfort.



CALF MUSCLES (GASTROCNEMIUS AND SOLEUS)

DOWNWARD FACING DOG



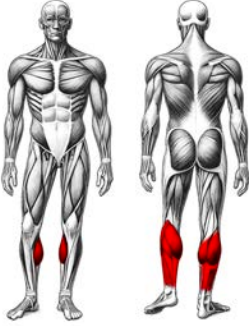
Gastrocnemius, Soleus,
Hamstrings

Start on your hands and knees, with your wrists under your shoulders and your knees under your hips. Tuck your toes and slowly lift your hips, straightening your legs and forming an upside-down V shape. Press your palms firmly into the ground, spreading your fingers wide. Gently push your heels towards the floor, feeling a stretch in your calves. If needed, keep your knees slightly bent to keep your back straight.



CALF MUSCLES (GASTROCNEMIUS AND SOLEUS)

RUNNER'S LUNGE WITH CALF FOCUS



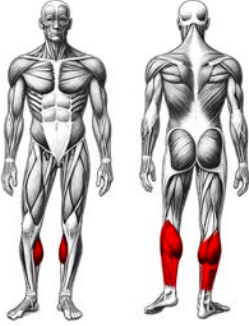
Gastrocnemius, Soleus

Stand tall with feet hip-width apart. Step your right foot forward into a lunge, bending your right knee at a 90-degree angle. Keep your left leg straight back, pressing your left heel into the ground. Slightly push your hips forward to feel a stretch in your left calf. Maintain a straight back and relaxed shoulders, then switch legs.



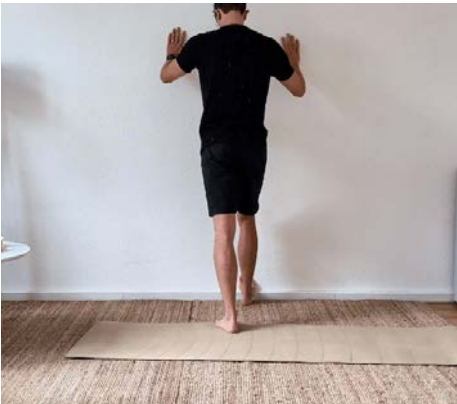
CALF MUSCLES (GASTROCNEMIUS AND SOLEUS)

STANDING CALF STRETCH



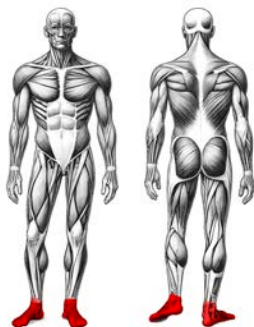
Gastrocnemius, Soleus

Stand facing a wall about an arm's length away. Place your hands on the wall at shoulder height for support. Step one foot back, keeping it straight and your heel on the ground. Slightly bend your front knee and lean into the wall until you feel a stretch in your back leg's calf. Keep your posture straight and avoid rounding your back.



FEET AND ANKLES

ANKLE CIRCLES



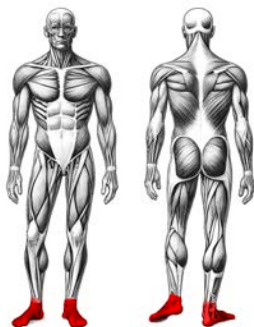
Peroneus longus, Peroneus brevis, Tibialis anterior, Gastrocnemius, Soleus

Sit or stand with your feet flat on the ground. Lift your right foot slightly off the floor and balance. Point your toes and make small circles with your ankle. Gradually make the circles larger. Switch directions and repeat. Lower your foot, and then do the same with your left ankle. Keep your posture upright and shoulders relaxed.



FEET AND ANKLES

FOOT PRONATION STRETCH



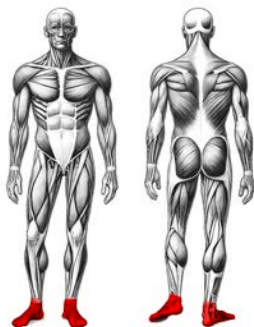
Peroneus longus, Peroneus brevis, Tibialis anterior

Sit on the floor with your legs extended straight in front of you. Slowly turn one foot inward, feeling a stretch along the outer edge of your foot and calf. Keep your back straight and shoulders relaxed as you hold this position. To deepen the stretch, lean slightly towards the turned foot, maintaining a relaxed posture.



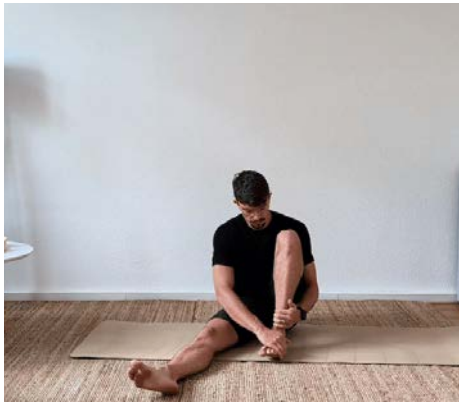
FEET AND ANKLES

FOOT SUPINATION STRETCH



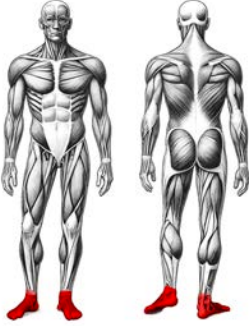
Tibialis posterior, Flexor hallucis longus, Abductor hallucis

Sit with your legs straight in front of you. Slowly turn one foot outward, feeling a stretch in the inner foot. To deepen the stretch, gently press down the outer edge of your foot with your hand. Keep your back straight and avoid locking your knees. Switch to the other foot after holding the stretch.



FEET AND ANKLES

HERO POSE WITH TOE STRETCH



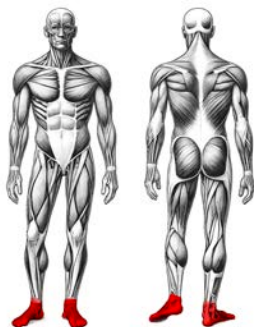
Kneel on a soft surface with your toes pointing straight back. Sit back on your heels, keeping your knees close together. Place your hands on your thighs for balance. Engage your core and lean back slightly. Flex your toes towards your shins, then point them down. Alternate between the two positions while breathing steadily.

Tibialis anterior, Extensor digitorum longus, Extensor hallucis longus, Flexor digitorum longus, Flexor hallucis longus,



FEET AND ANKLES

PLANTAR FASCIA STRETCH



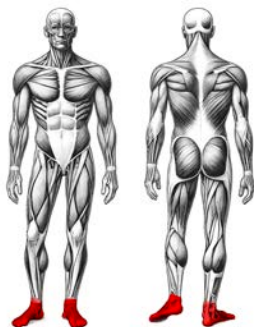
Plantaris, Flexor digitorum longus, Flexor hallucis longus, Tibialis posterior, Gastrocnemius, Soleus, Flexor digitorum brevis,

Sit comfortably with your back straight and legs extended in front of you. Bend one knee, placing the foot against the inner thigh of the opposite leg. Reach your hand towards your toes on the extended leg, maintaining a straight back. Gently pull your toes towards you to intensify the stretch in your foot and calf.



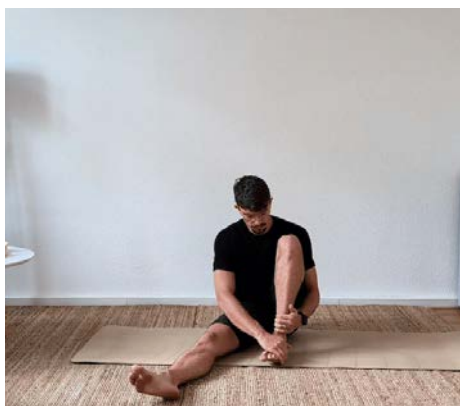
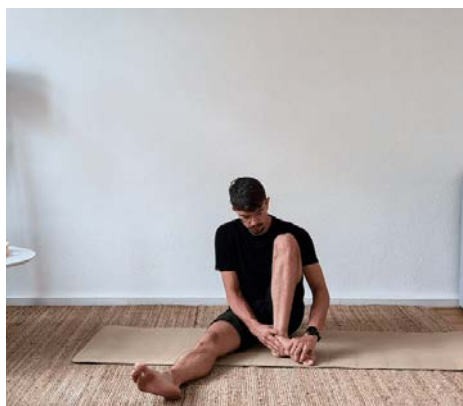
FEET AND ANKLES

RADIAL DEVIATION STRETCH (FOOT)



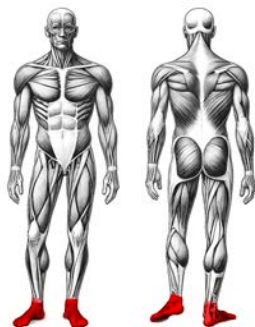
Flexor hallucis longus,
Flexor digitorum longus

Sit on the floor with your legs straight in front of you. Slowly turn one foot outward, away from your body, to stretch the inner thigh muscles. Keep your other leg straight and your back tall. To deepen the stretch, lean your torso gently toward the leg that is outstretched. Remember to breathe and stay relaxed.



FEET AND ANKLES

TOE CURLS



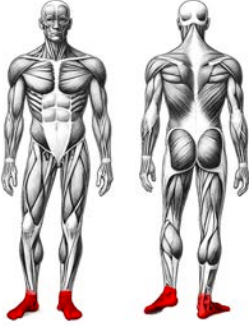
Flexor digitorum longus, Tibialis posterior, Flexor hallucis longus, Abductor hallucis, Quadratus plantae

Sit comfortably in a chair with your feet flat on the floor and your back straight. Make sure your knees are aligned with your feet. Slowly curl your toes inward towards the sole of your foot, feeling the muscles in your foot and ankle engage. Hold the tension, then relax and let your toes spread. Focus on breathing steadily throughout.



FEET AND ANKLES

ULNAR DEVIATION STRETCH (FOOT)



Extensor digitorum longus,
Peroneus tertius

Sit on the floor with your legs extended straight. Tilt your foot inward by moving your toes toward your opposite leg. You should feel a stretch on the outside of your foot and lower leg. To deepen the stretch, gently press down on your knee with your hand while keeping your back straight and relaxed.

