



1. Calf Stretch: Start from a modified push up position with your hips high in the air. Hands and feet should be flat on the ground. Wrap one foot behind your ankle, and press your heel into the ground until you feel the stretch in the calf. Switch legs.



2. Tib Stretch: The tibialis anterior is the muscle in the chin area. It is a very important and overlooked antagonist to the calves responsible for lifting the foot up when you step forward. From standing, push the top of one foot into the ground until you feel a stretch in front of your shin. Switch legs.



3. Hamstrings Stretch: From standing, hinge your hips with a neutral spine. Keep your knees almost fully extended, but not locked. Do not round down. Once you feel the stretch in the back of your legs, hold the position for a moment, then round down to touch the feet. **When you round the back, you can stretch the low back muscles by bending one knee, and leaning to the same side as the bent knee. Switch sides.



4. Glute Stretch: From the supine position, start with both feet flat on the ground. Lift one foot up, so that the outside of the ankle rests on the opposite knee. Reach through, and grab on to the top of the knee with both hands, and pull the knee toward your chest until you feel the stretch in your glute. Switch legs.



5. Adductor / Groin Stretch: From the seated position, pull both feet in so that the soles are touching each other. Pull your feet as close to your hips as you can. Pull up on the feet, while simultaneously pushing down on your thighs with your elbows. You should feel the stretch in the adductors / groin area



6. Hip Flexor Stretch: Start from the kneeling position with one foot on the ground, and one knee on the ground. Lunge forward, and lean the upper body back until you feel a stretch in front of the hip. Switch legs.



7. TFL / IT Band Stretch: Start from the standing position, and cross your right foot over the left. Lean to the right, pushing the weight into the left hip. You should keep pushing until you feel the stretch on the outside of your hip. Switch legs.



8. Quadriceps Stretch: Start from the kneeling position, with your left foot on the floor, and your right knee on the floor. Raise your right foot, and grab on to it with both hands, pulling it in and up towards your glute until you feel the stretch in your quadriceps. Switch legs.



9. Abdominal Stretch: Starting from the prone position, place your hands on the floor, and press up. Keep your hips on the ground, and look up toward the sky.



10. Low Back Stretch: Start with your hands and knees on the ground, and push the weight back over your feet. Allow the low back to round as you push back, and keep the arms fully extended above your head. The head should be very close to the ground.



11. Chest Stretch: Start with your hands and knees on the ground, and extend one arm out to the side, and slightly in front of you. Push your chest down towards the floor until you feel a stretch in your chest and biceps. Switch arms.



12. Rear Deltoid Stretch: From a standing or kneeling position, cross one arm in front of your body close to your neck. Wrap your other arm around the outside, and pull towards yourself until you feel the stretch in the shoulder. Switch Arms.



13. Triceps Stretch: Raise one arm overhead, and bend the elbow. Place the hand in the middle of the spine below your neck. With your other hand, reach up and grasp on to your elbow. Pull until you feel a stretch in the triceps. Switch arms.



14. Lat Stretch: Using the inside of a doorway, or another fixed object, grab onto the prop at about belly button height. Sit back as if you were trying to sit in a chair, and lower your head. Your biceps or shoulder should be close to your ear. Keep sitting back until you feel the stretch in your lats. Switch arms.



15. Upper Trapezius / Neck Stretch: From the standing or kneeling position, reach down to the floor with one hand. Lean your head over to the opposite side, and grab onto the top of your head with your hand. Lightly pull to the side, and slightly forward until you feel the stretch in your neck. Switch sides.