

Lower Back	Glutes	Quad
Knee to Chest Stretch	90/90	Kneeling Lunge
Figure Four Stretch	Half Lord of the Fishes	Standing Quad Stretch
Piriformis Stretch	Lizard Pose Variation	
Child's Pose	Pigeon Pose	
Cobra Stretch		
Bird-Dog Stretch		

Stretching

keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints.

Without it, the muscles shorten and become tight.

Then, when you call on the muscles for activity, they are weak and unable to extend all the way.