

Stretch Exercises

Hips

Knee to Chest Stretch

90 / 90 Stretch

Piriformis Stretch

Lunging Hip Flexor Stretch

Pigeon Stretch

Spiderman Stretch

Butterfly Fly Stretch

Shoulders

Thread the Needle

Elbow-Out Rotator Stretch

Overhead Triceps and Shoulder Stretch

Reverse Shoulder Stretch

Hamstrings

Lying hamstring stretch/Strap

Standing Hamstring Stretch

Lower Back

Knee to Chest Stretch

Figure Four Stretch

Piriformis Stretch

Child's Pose

Cobra Stretch

Bird-Dog Stretch

Glutes

90/90

Half Lord of the Fishes Lizard Pose Variation

Pigeon Pose

Quad

Kneeling Lunge

Standing Quad Stretch