

# INVENTORY

## Stretch Exercises

### Hips

Knee to Chest Stretch

90/90 Stretch

Figure Four Stretch

Piriformis Stretch

Lunging Hip Flexor Stretch

Pigeon Stretch

Spiderman Stretch

Butterfly Fly Stretch

### Shoulders

Thread the Needle

Elbow-Out Rotator Stretch Cross-Body Shoulder Stretch

Cross-Body Shoulder Stretch

Overhead Triceps and Shoulder Stretch

Reverse Shoulder Stretch

### Hamstrings

Lying hamstring stretch/Strap

Sitting hamstring stretch

Standing Hamstring Stretch