

# Stretch Exercises

Hips	Shoulders	Hamstrings
Knee to Chest Stretch	Thread the Needle	Lying hamstring stretch/Strap
90/90 Stretch	Elbow-Out Rotator Stretch Cross-Body Shoulder Stretch	Sitting hamstring stretch
Figure Four Stretch	Cross-Body Shoulder Stretch	Standing Hamstring Stretch
Piriformis Stretch	Overhead Triceps and Shoulder Stretch	
Lunging Hip Flexor Stretch	Reverse Shoulder Stretch	
Pigeon Stretch		
Spiderman Stretch		
Butterfly Fly Stretch		
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		