**Dynamic Stretches:**

**For Calves:**

**Name:** Lunges

**Description:** Keeping your body straight up, have your feet hip-width apart. Bring one of your legs forward (about 12 to 18 inches). Bend both of the knees and lower down until the back knee is as close to the ground. Then, you will stand and switch to the other leg. You can repeat this 10 times or more if desired.

**Form Tips:** Make sure your back is not bent throughout this exercise as it can cause back pains.

**For Hamstrings:**

**Name:** Front to Back Leg Swing

**Description:** Support yourself (like a wall) with one arm while swinging your farthest leg forward and backward.

**Form Tips:** Keep your leg straight as it moves forward and stretches the hamstrings.

**For Quads:**

**Name:** Heel to Butt Stretch

**Description:** Start in kneelingposition with right foot planted firmly forward. Place both hands on your right thigh to maintain balance. Press your hips slowly forward until you feel a stretch in your left quad. Release the stretch, moving your hips back to neutral. Repeat the motion five to 10 times, not pausing at either end of the movement. Switch legs and stretch your right quad.

**Form Tips:** Make sure that your core is tight while doing this exercise to provide better balance.

**For Chest:**

**Name:** Arm Circles

**Description:** Stretch both of your arms out on the side of you with your palms facing up. Swing your arms in a forward circular motion instead of backwards. Repeat 20 times.

**Form Tips:** Make sure not to swing your back while doing this exercise. Keep it straight as possible to get the best results.

**Static Stretches:**

**For Calves:**

**Name:** Calf stretch

**Description:** Stand holding a wall and place one leg behind you. Lean forwards. Keep your back leg straight and heels on the floor. Hold for 30 seconds. Repeat process on the other leg.

**Form Tips:** Make sure to do this stretch slowly so that your calves will get the proper pull they should get.

**For Hamstrings:**

**Name:** Hamstring stretch

**Description:** Sit on the floor with both legs straight. Extend your arms and reach forward by bending at the waist as far as possible while keeping your knees straight. Hold this position for 15 to 30 seconds. Afterwards, go back to the beginning position. Repeat three times.

**Form Tips:** Stretch until a gentle pull is felt in the back of the thighs.

**For Quads:**

**Name:** Kneeling Quadriceps Stretch

**Description:** Kneel down on one of your knees with the heel pointing upwards while the other heel is flat on the ground. Flatten out the lower back and keep the shoulder and chest upright. Bend forward from your hip to the knee even more to stretch the right hip and quad. Hold for 30 seconds, then switch legs to restart the process.

**Form Tips:** It would be highly recommended to do this exercise on a nice mat or soft surface to avoid knee pains.

**For Chest:**

**Name:** Chest Cobra Stretch

**Description:** Lie on your stomach with your legs apart. Your toes should touch the floor while your heels face upward. Then, push up with your arms until you feel the stretch in your chest. Hold for 10 seconds. Then slowly, lower yourself back onto your stomach. Repeat this process 10 times.

**Form Tips:** Make sure you control your breathing while doing this exercise.

**For Abs:**

**Name:** Cobra Pose abdominal stretch

**Description:** Lay face down on the floor. Push your upper body upward with your hips staying flat on the ground. Return to starting position after 20 seconds.

**Form Tips:** Make sure your lower half of the body does not move.

**For Biceps:**

**Name:** Wall bicep stretch

**Description:** Press your left palm against a wall. Slowly turn your body away from the wall. Hold for 30 seconds and return to the starting position to do the opposite side.

**Form Tips:** Make sure your palm does not leave the wall while performing the exercise.

**For Forearm:**

**Name:** Flexor Stretch

**Description:** Hold the palm of one hand with the other hand, while keeping your elbow straight on the affected arm. Pull your hand back gently to feel a stretch in the forearm. Hold the stretch for 20-30 seconds.

**Form Tips:** Make sure your to pull your hand back gently and slowly

**For Triceps:**

**Name:** Horizontal Stretch

**Description:** Bring your right arm across your body. Bend your elbow slightly. Press your arm into your chest with your other hand. Hold for 30 seconds before switching to opposite arm

**Form Tips:** Use your opposite hand to guide the erm into your chest

**For Shoulders:**

**Name:** Shoulder Rolls

**Description:** Stand with the feet hip-width apart. Let the arms hang down at the sides of the body. Breathe in and lift the shoulders up toward the ears. Move the shoulders back, squeezing the shoulder blades together. Exhale and drop the shoulders back. Move the elbows forward, feeling the stretch at the back of the shoulders.

**Form Tips:** Make sure on each roll that your shoulder blades are squeezed together

**For Back:**

**Name:** Knee-to-chest stretch

**Description:** Lie on your back with both knees bent and your feet on the floor. Keep your left knee bent. Draw your right knee into your chest, clasping your hands behind your thigh. Hold position for 1 minute and switch to the other leg.

**Form Tips:** Lengthen your spine all the way down to your tailbone and avoid lifting your hips.

**For Glutes:**

**Name:** Seated glute stretch

**Description:** Sit on the floor and extend your legs out in front of you. Lift your left leg and place your left ankle on your right knee. Lean slightly forward to deepen the stretch. Hold for 20 seconds and repeat on the opposite side.

**Form Tips:** Keep back straight