**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.