**Workout #2: Flexibility Exercises**

Achieved Goals (2):

Increase Flexibility

Improve Mobility

**Day #1: Full-Body Dynamic Stretching (15 Minutes)**

**Warm Up (4 Minutes):**

Warm Up: Dynamic Lunges (2 Minutes)

Step forward into a lunge, keeping your back knee off the ground. Rotate your torso toward the front leg, then switch sides. Perform 10-15 reps per side.

Warm Up: Arm Circles (2 Minutes)

Extend your arms out to the sides and make small circles, gradually increasing the size. Do 10-15 circles forward, then 10-15 circles backward.

**Exercise 1: Dynamic Hamstring Stretch (6 Minutes)**

Set #1: 15 reps (1 minutes)

1 minute break

Set #2: 15 reps (1 minutes)

1 minute break

Set #3: 15 reps (1 minutes)

Necessary Equipment: None

Description: Stand tall, extend one leg forward with your heel on the ground, and bend at the hips, reaching toward your toes. Switch legs.

*Break 1 Minutes*

**Exercise 2: Deep Squat Hold (5 Minutes)**

Set #1: Hold for 1 minute (1 minute)

1 minute break

Set #2: Hold for 1 minute (1 minute)

1 minute break

Necessary Equipment: None

Description: Squat down with feet shoulder-width apart, keeping the chest up and holding the position.

*Break 1 Minutes*

**Day #2: Lower Body Focus (15 Minutes)**

**Exercise 1: Pigeon Pose (5 Minutes)**

Set #1: Hold for 30 seconds per side (1 minute)

1 minute break

Set #2: Hold for 30 seconds per side (1 minute)

Necessary Equipment: Mat

Description: From a plank position, bring one knee forward and lay the outside of your shin on the ground, extending the other leg behind you.

*Break 2 Minutes*

**Exercise 2: Deep Lunge Stretch (6 Minutes)**

Set #1: Hold for 30 seconds per side (1 minute)

1 minute break

Set #2: Hold for 30 seconds per side (1 minute)

1 minute break

Set #3: Hold for 30 seconds per side (1 minute)

Necessary Equipment: Mat

Description: Step one foot forward and sink your hips while keeping your back leg extended.

*Break 1 Minutes*

**Exercise 3: Standing Hamstring Stretch (4 Minutes)**

Set #1: Hold for 30 seconds per side (1 minute)

1 minute break

Set #2: Hold for 30 seconds per side (1 minute)

Necessary Equipment: None

Description: Stand with one foot elevated on a step or bench and reach toward your toes while keeping your leg straight.

*Break 1 Minutes*

**Day #3: Upper Body Flexibility (15 Minutes)**

**Warm Up (4 Minutes);**

Warm Up: Shoulder Rolls (2 Minutes)

Roll your shoulders forward in a circular motion for 2.5 minutes, then backward for another 2.5 minutes.

Warm Up: Overhead Arm Swings (2 Minutes)

Swing both arms overhead, then bring them back down and cross them in front of your body. Perform 10-15 reps.

**Exercise 1: Cat-Cow Stretch (6 Minutes)**

Set #1: 10 reps (1 minute)

1 minute break

Set #2: 10 reps (1 minute)

1 minute break

Set #3: 10 reps (1 minute)

Necessary Equipment: Mat

Description: Start on all fours, arch your back and lift your head (cow), then round your back and tuck your chin (cat).

*Break 1 Minutes*

**Exercise 2: Triceps Stretch (5 Minutes)**

Set #1: Hold for 1 minute per side (2 minutes)

1 minute break

Set #2: Hold for 1 minute per side (2 minutes)

Necessary Equipment: None

Description: Reach one arm overhead and bend the elbow, using the opposite hand to press gently.

**Day #4: Full-Body Flexibility Flow (15 Minutes)**

**Warm Up (5 Minutes)**

Warm-Up: Dynamic Arm and Shoulder Circles (2 Minutes)

Perform circular motions with your arms, both forward and backward.

30 seconds minute for each direction, repeat for 4 rounds

Warm-Up: Walking Lunges with Reach (3 Minutes)

Perform lunges while reaching overhead to open up the hip flexors and upper body.

1 minute of lunges, then rest for 30 seconds

Repeat for 2 rounds

**Exercise 1: Wide-Legged Forward Bend (7 Minutes)**

Stand with legs wide apart, hinge at the hips, and reach toward the ground.

Hold for 1 minutes, then rest for 30 seconds

Repeat for 4 rounds

Equipment Needed: None

Description: Stretches the hamstrings, calves, and lower back while opening the hips.

*Break 1 Minute*

**Post-Workout Stretch: Kneeling Quad Stretch (2 Minutes)**

Kneel on one knee and gently push your hips forward while holding the opposite foot.

Hold for 1 minute per side.

**Post-Workout Stretch: Supine Hamstring Stretch (1 Minutes)**

Lie on your back, extend one leg, and pull it toward your chest using a strap or your hands.

Hold for 30 seconds per side