**Workout #4: Flexibility Exercises**

Achieved Goals (2):

Increase Flexibility

Improve Mobility

**Day #1: Full-Body Dynamic Stretching (90 Minutes)**

**Warm Up (10 Minutes):**

Warm Up: Dynamic Lunges (5 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 (5 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 (13 Minutes)**

Set #1: 15 reps (3 minutes)

1 minute break

Set #2: 15 reps (3 minutes)

1 minute break

Set #3: 15 reps (3 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 2 Minutes*

**Exercise 2: Hip Flexor Stretch (10 Minutes)**

Set #1: Hold for 2 minutes per side (4 minutes)

1 minute break

Set #2: Hold for 2 minutes per side (4 minutes)

Necessary Equipment: Mat

Description: From a kneeling position, step one foot forward and sink the hips down while keeping your torso upright.

*Break 1 Minutes*

**Exercise 3: Deep Squat Hold (12 Minutes)**

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

1.5 minute break

Set #2: Hold for 2 minutes (2 minutes)

1.5 minute break

Set #3: Hold for 2 minutes (2 minutes)

1.5 minute break

Necessary Equipment: None

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

Break 1.5 Minutes

**Exercise 4: Standing Calf Stretch (12 Minutes)**

Set #1: Hold for 2 minutes per side (4 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (4 minutes)

Necessary Equipment: Wall

Description: Stand facing a wall with one foot forward and the other extended behind you, pressing the heel down.

*Break 2 Minutes*

**Exercise 5: Seated Forward Fold (13 Minutes)**

Set #1: Hold for 3 minutes (3 minutes)

1 minute break

Set #2: Hold for 3 minutes (3 minutes)

1 minute break

Set #3: Hold for 3 minutes (3 minutes)

Necessary Equipment: Mat

Description: Sit with legs extended, reach forward with a straight back, and try to touch your toes.

*Break 2 Minutes*

**Post-Workout Stretch (20 Minutes)**

Set #1: Cat-Cow (5 minutes)

Set #2: Overhead triceps stretch (5 minutes)

Set #3: Child’s Pose (5 minutes)

Set #4: Standing bicep stretch (5 minutes)

Description: Sit with feet together and knees open, pressing the knees down gently to deepen the stretch.

**Day #2: Lower Body Focus (90 Minutes)**

**Warm Up (10 Minutes):**

Warm Up: High Knees (5 Minutes)

Run in place, bringing your knees up as high as possible. Perform for 1 minute, rest for 30 seconds, and repeat.

Warm Up: Hip Circles (5 Minutes)

Stand on one leg and lift the opposite knee, making circles with your hip. Switch legs after 5 reps.

**Exercise 1: Pigeon Pose (12 Minutes)**

Set #1: Hold for 3 minutes per side (4 minutes)

2 minute break

Set #2: Hold for 3 minutes per side (4 minutes)

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: Kneeling Quad Stretch (10 Minutes)**

Set #1: Hold for 2 minutes per side (3 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (3 minutes)

Necessary Equipment: Mat

Description: Kneel on one knee and pull the back foot toward your glute, keeping your torso upright.

*Break 2 Minutes*

**Exercise 3: Deep Lunge Stretch (14 Minutes)**

Set #1: Hold for 2 minutes per side (3 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (3 minutes)

2 minute break

Set #3: Hold for 2 minutes per side (3 minutes)

Necessary Equipment: Mat

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

*Break 1 Minutes*

**Exercise 4: Standing Hamstring Stretch (12 Minutes)**

Set #1: Hold for 2 minutes per side (4 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (4 minutes)

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 2 Minutes*

**Exercise 5: Calf Stretch (12 Minutes)**

Set #1: Hold for 2 minutes per side (4 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (4 minutes)

Necessary Equipment: Wall

Description: Stand facing a wall with one foot forward and the other extended behind you, pressing the heel down.

*Break 2 Minutes*

**Post-Workout Stretch (20 Minutes)**

Set #1: Figure 4 Hip Stretch (5 minutes)

Set #2: Hamstring Stretch (5 minutes)

Set #3: Kneeling Calf Stretch (5 minutes)

Set #4: Lying Quad Stretch (5 minutes)

Description: Lie on your back with soles of your feet together and knees open. Use pillows for support if needed.

**Day #3: Upper Body Flexibility (90 Minutes)**

**Warm Up (10 Minutes);**

Warm Up: Shoulder Rolls (5 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 (5 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 (14 Minutes)**

Set #1: 10 reps (3 minutes)

1.5 minute break

Set #2: 10 reps (3 minutes)

1.5 minute break

Set #3: 10 reps (3 minutes)

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 2 Minutes*

**Exercise 2: Child’s Pose (13 Minutes)**

Set #1: Hold for 3 minutes (3 minutes)

1 minute break

Set #2: Hold for 3 minutes (3 minutes)

1 minute break

Set #3: Hold for 3 minutes (3 minutes)

Necessary Equipment: Mat

Description: Sit back on your heels and stretch your arms forward while lowering your chest to the ground.

*Break 2 Minutes*

**Exercise 3: Thread the Needle (12 Minutes)**

Set #1: Hold for 2 minutes per side (4 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (4 minutes)

Necessary Equipment: Mat

Description: From all fours, slide one arm under your torso and rotate until your shoulder touches the ground.

*Break 2 Minutes*

**Exercise 4: Triceps Stretch (14 Minutes)**

Set #1: Hold for 2 minutes per side (3 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (3 minutes)

2 minute break

Set #3: Hold for 2 minutes per side (3 minutes)

Necessary Equipment: None

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

*Break 1 Minutes*

**Exercise 5: Chest Opener Stretch (12 Minutes)**

Set #1: Hold for 2 minutes per side (4 minutes)

2 minute break

Set #2: Hold for 2 minutes per side (4 minutes)

Necessary Equipment: None

Description: Stand in a doorway and place your arms on either side of the frame. Lean forward gently.

Break 2 Minutes

**Post-Workout Stretch (15 Minutes)**

Set #1: Reclined Spinal Twist (5 minutes)

Set #2: Lying Pectoral Stretch (5 minutes)

Set #3: Cobra Pose (5 minutes)

Description: Sit with a straight back, tilt your head to one side, and use your hand for a gentle pull.

**Day #4: Full-Body Flexibility Flow (90 Minutes)**

**Warm Up (10 Minutes)**

Warm-Up: Dynamic Arm and Shoulder Circles (5 Minutes)

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

1 minute for each direction, repeat for 5 rounds

Warm-Up: Walking Lunges with Reach (5 Minutes)

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

1 minute of lunges, then rest for 15 seconds

Repeat for 4 rounds

**Exercise 1: Cat-Cow Stretch (10 Minutes)**

Transition between arching your back (cow) and rounding it (cat) on all fours.

1 minute per round, then rest for 30 seconds

Repeat for 5 rounds

Equipment Needed: Yoga Mat

Description: Improves spine flexibility and warms up the back muscles.

*Break 2.5 Minutes*

**Exercise 2: Standing Side Stretch (12 Minutes)**

Stand tall and reach one arm overhead, bending sideways to stretch the torso.

Hold for 1 minute per side, then switch, rest for 30 seconds after each round

Repeat for 4 rounds

Equipment Needed: None

Description: Targets the obliques and improves side body flexibility.

*Break 2 Minutes*

**Exercise 3: Wide-Legged Forward Bend (11 Minutes)**

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

Hold for 2 minutes, then rest for 1 minute

Repeat for 3 rounds

Equipment Needed: None

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

*Break: 2 Minutes*

**Exercise 4: Cobra Pose (10 Minutes)**

Lie on your stomach and press into your palms to lift your chest off the floor.

Hold for 1 minute, then rest for 30 seconds

Repeat for 5 rounds

Equipment Needed: Yoga Mat

Description: Stretches the abdominal muscles and opens the chest, improving spine flexibility.

*Break 2.5 Minutes*

**Exercise 5: Low Lunge with Twist (15 Minutes)**

Step one foot forward into a lunge and twist your torso, placing the opposite elbow on the knee.

Hold for 1 minute per side, then switch, rest 30 seconds after each round

Repeat for 5 rounds

Equipment Needed: None

Description: Stretches the hip flexors and improves rotational flexibility in the spine.

*Break 2.5 Minutes*

**Exercise 6: Child’s Pose with Arm Reach (12 Minutes)**

From a kneeling position, stretch your arms forward on the floor while keeping your hips back.

Hold for 2 minutes, then rest for 1 minute

Repeat for 3 rounds

Equipment Needed: Yoga Mat

Description: Lengthens the spine and stretches the back muscles, promoting flexibility and relaxation.

*Break 3 Minutes*

**Post-Workout Stretch: Kneeling Quad Stretch (5 Minutes)**

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

Hold for 2.5 minutes per side.

**Post-Workout Stretch: Supine Hamstring Stretch (5 Minutes)**

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

Hold for 2.5 minutes per side.