FULL BODY STRETCHES

Cervical Stretch

Gluteus Stretch

Back Extension

Back Lateral Flexion

Trunk Twister

Gluteus Stretch

Low Back Twist

Prone Extension

Calf/Achilles

Groin/Butterfly

Bent Knee Hamstring
Seated Hamstring  "V" Hamstring  Standing Quad

Hip Flexor  Piriformis/Hip Rotator

Standing IT Band  Horizontal Adduction  Chest

Triceps  Wrist Extension

*hold each stretch “static” for 10-15 seconds
*perform stretches after a 5 minute warm-up and at the end of each workout