

# The Daily Stretch Routine



Hamstring Stretch



Calf Stretch



Hip Stretch



Groin Stretch



Seated Lower Back Stretch



Seated Hip & Gluteal



Seated Hamstring Stretch



Lower Back Stretch



Standing Quad Stretch



Hamstring Stretch



Groin Stretch



Quad, Chest, & Lower Back Stretch



Neck Tilt



Neck Rotations



Shoulder Shrugs



Chest Stretch



Rear Deltoid Shoulder Stretch



Torso Twist



Wrist Rotations



Forearm Stretch