

A list of 20 effective stretching exercises to perform before/After a workout, including the targeted muscles and the reasons for doing them.

### 1. Neck Stretch

- Why: Relieves tension in the neck.
- Muscles Targeted: Sternocleidomastoid, trapezius.
- Description: Gently tilt your head to one side, bringing your ear toward your shoulder, and hold. Repeat on the other side.



### 2. Shoulder Stretch

- Why: Increases shoulder flexibility.
- Muscles Targeted: Deltoids.
- Description: Bring one arm across your body and use the opposite arm to pull it closer to your chest. Hold and switch sides.

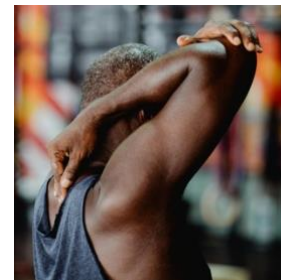


### 3. Arm Circles

- Why: Warms up shoulder joints.
- Muscles Targeted: Deltoids, rotator cuff.
- Description: Extend your arms out to the sides and make small circles, gradually increasing the size of the circles.

### 4. Triceps Stretch

- Why: Stretches the back of the arms.
- Muscles Targeted: Triceps.
- Description: Raise one arm overhead, bend the elbow to touch the opposite shoulder blade, and use the other arm to press gently on the bent elbow.



### 5. Chest Stretch

- Why: Opens up the chest and shoulders.
- Muscles Targeted: Pectorals.
- Description: Clasp your hands behind your back and lift them slightly while pushing your chest forward.



### 6. Side Stretch

- Why: Stretches the sides of the torso.
- Muscles Targeted: Obliques, latissimus dorsi.
- Description: Stand with feet shoulder-width apart, raise one arm overhead, and lean to the opposite side. Hold and switch sides.



### 7. Cat-Cow Stretch

- Why: Warms up the spine.
- Muscles Targeted: Erector spinae, abdominals.
- Description: Get on all fours, arch your back (cow), then round it (cat).



### 8. Torso Twist

- Why: Improves rotational flexibility.
- Muscles Targeted: Obliques, spinal muscles.
- Description: Stand with feet shoulder-width apart, place your hands on your hips, and gently twist your torso from side to side.



### 9. Forward Bend

- Why: Stretches the back and hamstrings.
- Muscles Targeted: Hamstrings, lower back.
- Description: Stand with feet together, bend at the hips, and reach toward the ground.



### 10. Quadriceps Stretch

- Why: Stretches the front of the thighs.
- Muscles Targeted: Quadriceps.
- Description: Stand on one leg, pull your opposite foot toward your buttocks, and hold. Switch legs.



### 11. Hip Flexor Stretch

- Why: Stretches the front of the hips.
- Muscles Targeted: Hip flexors.
- Description: Lunge forward with one leg while keeping the other leg extended behind you. Push your hips forward.



### 12. Hamstring Stretch

- Why: Stretches the back of the thighs.
- Muscles Targeted: Hamstrings.
- Description: Sit on the ground with one leg extended and the other bent, reach toward your toes on the extended leg.



### 13. Calf Stretch

- Why: Stretches the lower leg muscles.
- Muscles Targeted: Calves (gastrocnemius, soleus).
- Description: Stand facing a wall, place one foot back, and press the heel into the ground.



#### 14. Inner Thigh Stretch / Side lunge stretch

- Why: Stretches the inner thigh muscles.
- Muscles Targeted: Adductors , hip flexors.
- Description: Sit with feet together and knees bent outward, gently press your knees toward the ground.
- Description: Stand with feet wide apart, bend one knee and shift your weight to that side, keeping the other leg straight.



#### 15. Glute Stretch

- Why: Stretches the buttocks muscles.
- Muscles Targeted: Gluteus maximus.
- Description: Lie on your back, cross one ankle over the opposite knee, and pull the uncrossed leg toward your chest.



#### 16. Butterfly Stretch

- Why: Increases flexibility in the hips.
- Muscles Targeted: Adductors, hip flexors.
- Description: Sit with the soles of your feet together and gently press your knees down toward the ground.



#### 18. Back Stretch

- Why: Stretches the entire back.
- Muscles Targeted: Latissimus dorsi, erector spinae.
- Description: Sit on your heels, stretch your arms forward on the ground, and lower your chest to the floor (Child's Pose).



#### 19. Seated Spinal Twist

- Why: Increases spinal flexibility.
- Muscles Targeted: Spinal muscles, obliques.
- Description: Sit with one leg extended and the other bent, twist your torso toward the bent knee, and hold.



## 20. Ankle Circles

- Why: Warms up the ankle joints.
- Muscles Targeted: Ankles, calves.
- Description: Lift one foot off the ground and rotate your ankle in circles, then switch directions. Repeat with the other ankle.



These stretches prepare your muscles for a workout by increasing blood flow, flexibility, and range of motion, helping to prevent injuries.