

# 10 Basic Stretches

Stretch 1  
Hip Joint Warm-Up



Stretch 2  
Glute/Hip Rotator



Stretch 3  
Quadratus  
Lumborum



Stretch 4  
Iliopsoas



Stretch 5  
Latissimus Dorsi



Stretch 6  
Rhomboid



Stretch 7  
Standing Calf



Stretch 8  
Standing Pectoral



Stretch 9  
Standing Rotator Cuff



Stretch 10  
Standing  
Levator Scapula

