



STRETCHING

Perform these stretches at home or add them to your cooldown routine to reduce stiffness and relieve tighten muscle. Hold each position for 15-20 seconds and repeat it 5 times.



Standing Quads Stretch





Lying Quads Stretch





Knee To Chest





Standing Hamstring Stretch





Piriformis Stretch





Butterfly Stretch





Figure Four Stretch





Cobra Pose





Extended Child Pose





Seated Traps Stretch





Seated Shoulder Squeeze





Triceps Stretch

