



Stretch: Bodyweight Stretch: Total Body 1

Anytime Workouts

3 sets
each stretch

10 secs
hold

10min
31 cal



Perform each stretch three times, gently easing into the stretch. Slowly go as far as you can without causing discomfort or pain.

Be careful not to go beyond your limit and avoid bouncing up and down or jerky movements.

Hold each stretch for up to 10 seconds. Be sure to breathe normally, do not hold your breath.

Stretch contains five stretching sessions designed to target all areas of the body.

There are three bodyweight sessions that contain stretches for all the major muscle groups in the body that do not require any equipment and can be performed anytime or anywhere.

There are also two Swiss Ball sessions that contain stretches also for all the major muscle groups using a Swiss ball.

Equipment: Bodyweight,

Calves Stretch



- Stand upright, bracing yourself against a wall or solid support with your back leg straight and your front leg slightly bent at the knee.

1 - Keeping your back foot flat on the floor, lean your weight forward and push into your back heel.

- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Quadriceps Stretch



- Stand upright on one leg, bending the other knee and bringing your heel to your buttocks.

1 - Grasp your foot with one hand and gently pull it further towards your buttocks for a deeper stretch.

- Hold onto something stable to maintain your balance if necessary.

- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Adductors Stretch



1 - Start in a semi-squat position with your feet wide apart and your hands or elbows on your knees.

2 - Squat lower, sending your hips back and down and slowly pushing your knees outward with your elbows.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Hamstrings Stretch



1 - Stand upright with your arms by your sides.

2 - Bend forward at the waist, lowering your hands toward the floor, or as far down as possible.

- Keep your legs straight and do not bounce.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Hip Flexors Stretch



1 - Place one knee on the floor and step forward with the other foot into a lunge.

2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.

- Keep the front foot flat throughout.

- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	



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hold

10min
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Glutes Stretch



• Sit on the floor with one leg straight and the other bent with your foot crossed over to the outside of the straight leg.

• Place your opposite elbow on the outside of the bent knee, turning your torso.

1 - Gently pull your knee across your body with your elbow as you look to the other side.

• Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Hamstrings Stretch



1 - Sit upright with both legs and arms straight out in front.

2 - Reach forward, lowering your hands towards your toes, keeping your legs straight.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Glutes Stretch



• Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.

1 - Lean your upper body forward, gently pushing your hip into floor.

• Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Lower Back Stretch



1 - Lie on your back with your feet flat, knees bent and your arms by your sides.

2 - Raise your feet, bringing your knees into your chest with your hands at the back of your knees and gently pulling your legs closer.

• Hold for a few seconds then lower your feet back to the floor.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Triceps Stretch



1 - Stand or sit upright with one arm behind your head, bent at the elbow and the other hand on this bent elbow.

2 - Gently pull the arm across and down, lowering your hand to touch your upper back.

• Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	