NECK

SHOULDERS

REAR SHOULDERS

SIDE SHOULDERS

CHEST
BACK

LATS

MIDDLE BACK

ABS

FRONT ABS  SIDE ABS
LOW BACK

HIP FLEXORS

GLUTES
STRETCHING TIPS

- Always do a light warm up before you stretch. For example walking, biking for 5-10 minutes. Never stretch when the muscles are cold.

- Hold each stretch for 20-30 sec. Repeat it 1-2 times.

- Stretch the muscle until you feel a slight discomfort and hold that position for 20-25 sec. Stretching should never be painful nor should you be contracting your muscles when you stretch.

- Always breathe normally when you stretch. Feel the muscle relaxing as you exhale.

- The common tight muscles are shoulders, chest, hip flexors, abs, and calves. Make sure to stretch these muscles.

STRETCHING MISTAKES

- Rounding the lower back and upper back during stretching. Maintain the natural arch in your lower back and do not round your upper back. Proper posture is important even when you stretch.

- Stretching too hard: If you stretch too hard, your muscles contract as a protective mechanism to prevent getting hurt. So do not try to force the stretch; stretching should be relaxing.

- Not enough time: You have to hold the stretch for 20-30 sec and repeat it once or twice to improve flexibility.

*Picture Courtesy Lisa Hedlof*