

Beginner Full Body Stretching Routine

Equipment needed: Chair and mat

If possible, complete this routine after a walk or workout so that you are fully warmed up

Warm Up (2 minutes)

***30 seconds of each**

1. Walk in place
2. Arm Circle forward and reverse
3. Knee raises
4. Neck circles

Workout

***Hold each stretch for 30 seconds per side**

1. Neck stretch- Right and Left



2. Side stretch- R and L



3. Arm stretch across chest- R and L



4. Tricep stretch- R and L



5. Standing quad stretch- R and L



6. Standing IT band stretch- R and L



7. Standing hamstring stretch- R and L



8. Shoulder stretch



9. Butterfly



10. Figure 4- R and L



11. Lying hamstring stretch- R and L



12. Knee pull- R and L



13. Quad stretch (laying on side)- R and L



14. Seated hamstring stretch- R and L



15. Runner's lunge- R and L



16. Cat/cow



17. Child's pose



***Rest 1 minute**
***Complete 2 more sets**