

LiveFIT Stretches

For a whole body stretch routine

Stretching Exercises



Upper Body (~15 minutes)

Follow stretches 1 through 14 in the image above hold for 30secs each.

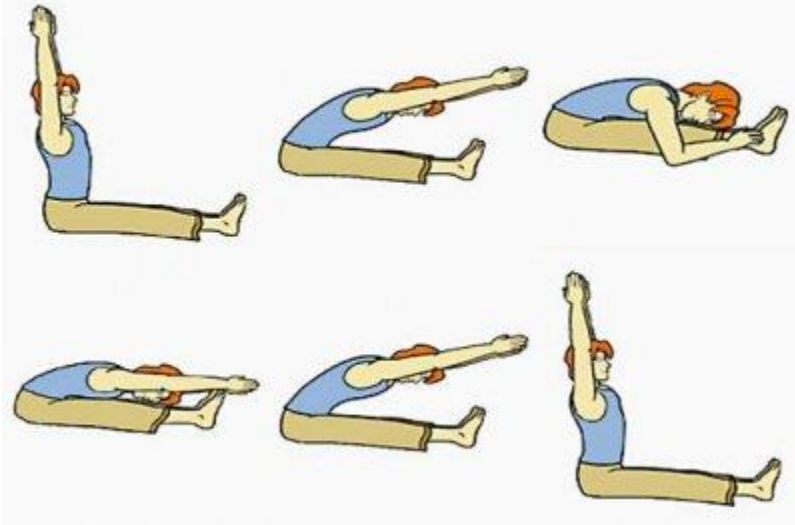
1. Neck Flexion/Extension Stretch
2. Neck Lateral Flexion Stretch
3. Latissimus Dorsi and Posterior Deltoid Stretch
4. Triceps Stretch
5. Shoulder Rotator Stretch

6. Pectoral Stretch at 90 and 120 Degrees
7. Bicep Stretch
8. Supraspinatus Stretch
9. Wrist Extensor Stretch
10. Thoracic Extension Stretch
11. Lateral Flexion Stretch
12. Lumbar Extension and Abdominal Stretch
13. Lumbar Flexion Stretch
14. Lumbar Rotation Stretch

Lower Body (~10 minutes)

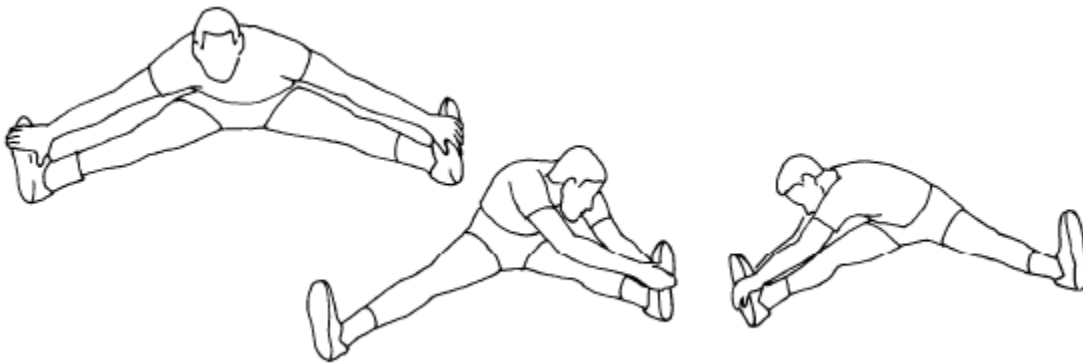
Follow stretches 15 through 25 in the image above hold for 30secs each.

15. Lying Hamstring Stretch
16. Seated Hamstring Stretch
17. Seated Adductor Stretch
18. Gluteal Stretch
19. Gluteal and Lumbar Rotation Stretch
20. Lying Quadriceps Stretch
21. Standing Quadriceps Stretch
22. Standing Adductor Stretch
23. Hip Flexor Stretch
24. Tensor Fascia Stretch
25. Gastrocnemius Stretch



Seated Forward Fold: Reaching for your toes, relaxing your shoulders, the pull on your hamstrings and lower back loosens you up.

Key: Hold the stretch for at least one minute, try to lower your head to your knees, and point your toes in towards your hands.



Straddle Stretch: the seated straddle stretch also extends your lower back muscles and hamstrings, but more specifically targets the left and right side of the lower back.

Key: Hold the stretch for 30 seconds on either side. As with the first stretch, relax your shoulders, point your toes inward, and settle into the stretch by leaning your upper body (lead with your head) towards your toes.