

Stretch Flow

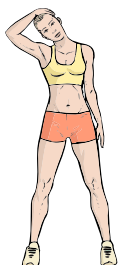
9 min · Ankles, Arms, Chest, Forearms, Legs, Shoulders, Wrists, Yoga

[View online](#)
or scan:



Welcome! This routine is from my personal practice. I work out regularly but I'm not a fitness professional, proceed at your own discretion. Start slow, listen to your body, and consult your doctor if needed. Adjust the intensity based on your capacity. Scroll down for detailed instr.

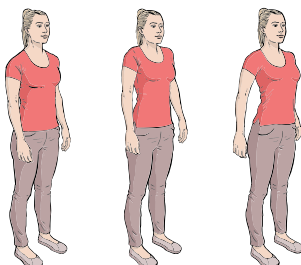
Neck Stretch



5 secs

Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

Shoulder Rolls



5 reps

Clockwise and anti clockwise. Ease into stretch with each breath.

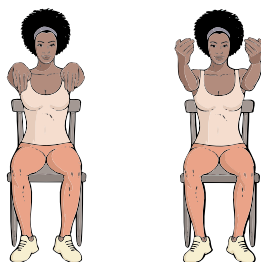
Ankle Circles



5 reps

Clockwise and anti clockwise, each foot. Ease into stretch with each breath.

Wrist Circles



5 reps

Clockwise and anti clockwise. Ease into stretch with each breath.

Palm-Down Wrist Stretch



5 secs

Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

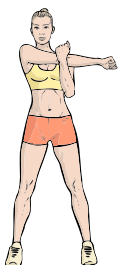
Reverse Shoulder Stretch



5 secs

5 secs or for as long as it feels good :) Ease into stretch with each breath.

Shoulder Stretch



5 secs

Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

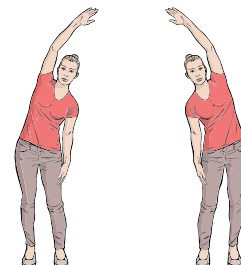
Overhead Triceps Stretch



5 secs

Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

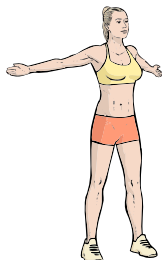
Standing Lateral Stretch



5 secs

Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

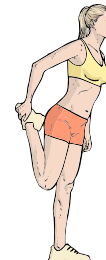


**Wide Arm Chest Stretch****5 secs**

5 secs or for as long as it feels good :) Ease into stretch with each breath.

Love Yourself Back Stretch**5 secs**

5 secs or for as long as it feels good :) Ease into stretch with each breath.

Standing Quadricep Stretch**5 secs**

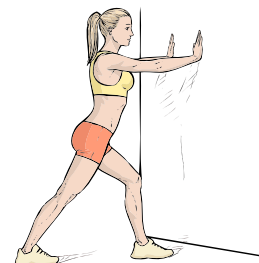
Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

Standing Hamstring Stretch**5 secs**

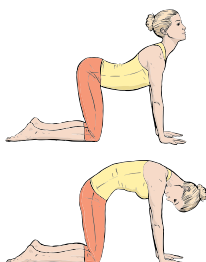
Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

Standing Knee Hugs**5 secs**

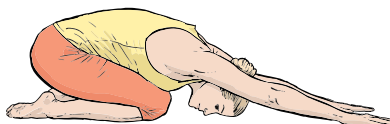
Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

Straight-Leg Calf Stretch**5 secs**

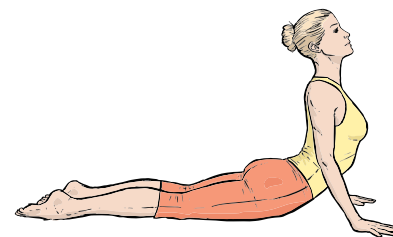
Each side for 5 secs or for as long as it feels good :) Ease into stretch with each breath.

Cat Stretch · Marjariasana**5 breaths**

Align wrists under shoulders · Align knees under hips · Broaden shoulders · Inhale and arch · Exhale and ...

Extended Child's Pose · Utthita Balasana**5 breaths**

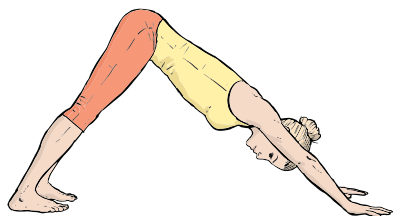
Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart · Draw shoulder blades ...

Extended Cobra · Saral Hasta Bhujangasana**5 breaths**

Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with ...



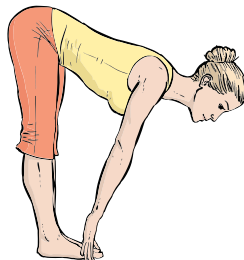
Downward Facing Dog · Adho Mukha Svanasana



5 breaths

Bring feet hip-width apart · Bring hands shoulder-width apart · Spread fingers and push thumbs and index fin...

Standing Half Forward Bend · Ardha Uttanasana



5 breaths

Do not compress neck · Aim for flat back · Press fingertips into floor · Bring weight to balls of feet · L...

Raised Arms · Hasta Uttanasana



5 breaths

Feet hip distance wide · Outer edges of feet parallel · Hands shoulder distance wide · Palms facing forward...

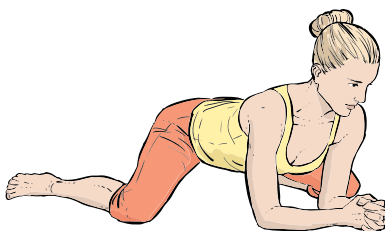
Garland · Malasana



5 breaths

Lift and lengthen torso · Press upper arms against thighs · Relax shoulders

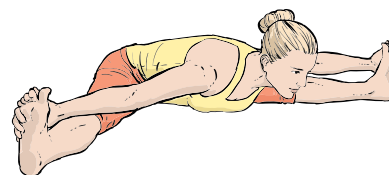
Frog · Adho Mukha Mandukasana



5 breaths

Ankles in line with knees · Toes pointing outward

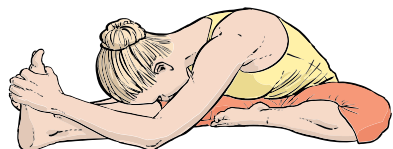
Wide Angle Seated Forward Bend · Upavistha Konasana



5 breaths

Point toes and knees toward sky · Lengthen front of torso · Avoid rounding the spine · Micro-bend the knees

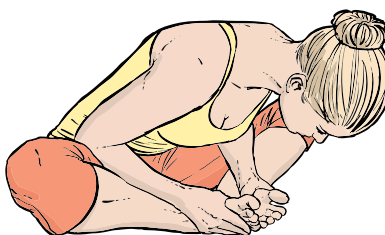
Head to Knee · Janu Sirsasana



5 breaths

Flex extended foot · Keep neck in line with spine · Bend elbows

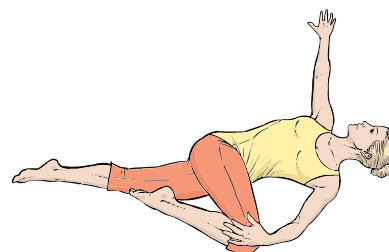
Bound Angle · Baddha Konasana



5 breaths

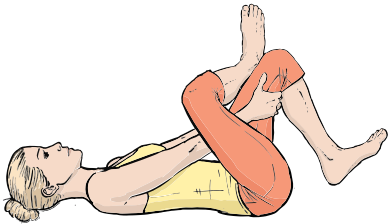
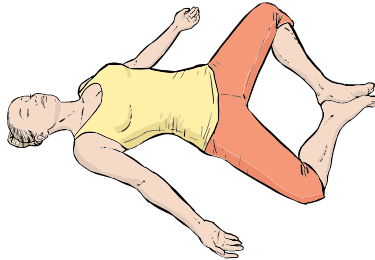
Do not force knees toward floor · Keep neck in line with spine · Draw heels close to groin

Reclined Spinal Twist · Supta Matsyendrasana



5 breaths

Press shoulder blades toward floor · Gaze in opposite direction of twist · Allow gravity to release knee tow...

**Eye of the Needle · Sucirandhrasana****5** breaths**Reclining Bound Angle · Supta Baddha Konasana****5** breaths

Soften belly · Relax knees but do not push toward floor · Tuck shoulder blades under · Draw chin toward che...

Neck Stretch

Primary muscle group(s):

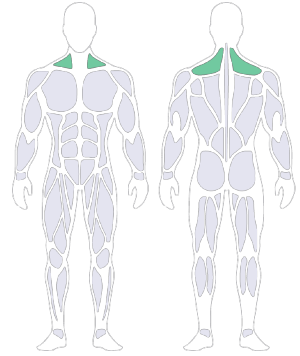
Neck & Upper Traps

Stand tall with your head facing forward.

Lower your left ear to your left shoulder as far as is comfortable.

Place your left hand on your head, just above the right ear and gently pull the head a little further to the left side to feel the stretch on the right side of your neck.

Release the stretch and repeat on the other side.



Standing Shoulder Rolls

Primary muscle group(s):

Neck & Upper Traps

Secondary:

Shoulders

Stand strong, with your feet grounded and placed shoulder-width apart while maintaining a tight core and flat back.

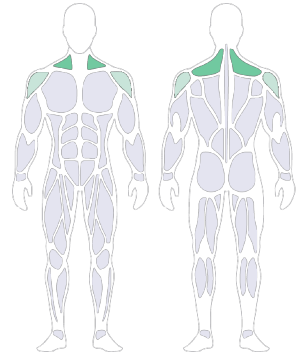
Keep your arms extended and by your sides with your palms facing in.

Relax your shoulders so they hang as low as possible.

Slowly raise your shoulders upwards in a shrugging motion.

At the top position, allow your chest to expand by pulling your rear shoulder blades together, bringing your shoulders back.

Slowly relax and lower your shoulders to return to the starting position.



Ankle Circles / Rotations / Rolls

Primary muscle group(s):

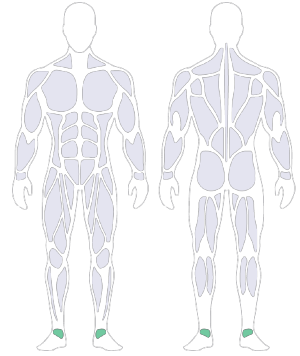
Ankles

Stand tall and upright with your feet spaced hip-width apart and your arms either by your sides or your hands on your hips.

Shift your weight to one foot and point the toes on the opposing foot into the ground.

Rotate this foot by transferring floor contact from your little toe, to big toe, to ball of your foot, continuing this motion for the specified reps or time.

Repeat the exercise with the other leg.



Wrist Circles / Rotations

Primary muscle group(s):

Forearms, Wrists

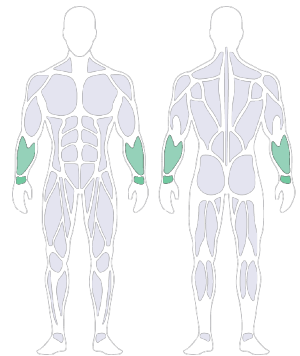
Seat yourself comfortably on a solid chair, with your back straight and unsupported. Keep your feet planted on the floor.

Raise your arms directly out in front of you and allow your fingertips to dangle loosely towards the floor.

Bring your fingertips towards each other by rotating at the wrists.

Continue to rotate until your fingertips are pointing upwards and then turn your wrists back over to allow the fingertips to fall back down to the starting position.

Repeat for the specified reps or time.



Standing Palm-Down Wrist Stretch

Primary muscle group(s):

Forearms, Wrists

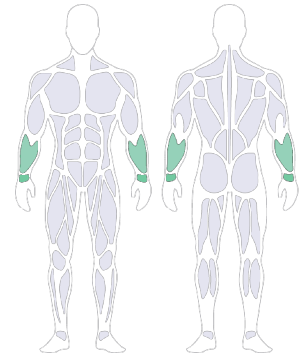
Stand strong, with your feet grounded and placed shoulder-width apart while maintaining a tight core and flat back.

Fully extend one arm directly out in front of you and rotate it so that the palm is facing down.

With your free hand, take hold of the back of your outstretched hand and gently pull it down towards the floor.

Keeping your arm outstretched, you should feel a light stretching sensation in your wrist and upper forearm.

Hold this stretch for the specified amount of time.



Reverse Shoulder Stretch

Primary muscle group(s):

Chest, Shoulders

Secondary:

Upper Back & Lower Traps

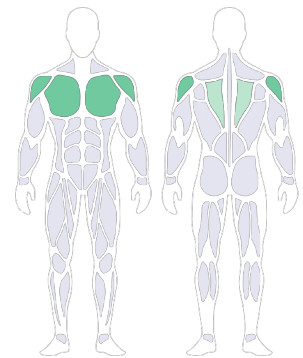
Stand tall and strong with your feet spaced about shoulder-width apart, maintaining a slight bend at the knee

Reach both hands behind your lower back, and interlock your fingers where they meet in the middle

Roll your shoulders back and pull your rear shoulder blades toward each other while slightly pushing your chest out

Keeping only a very slight bend at the elbow, lift your hands away from your lower back to create a stretching sensation in your chest and shoulders

Hold for the specified amount of time



Shoulder Stretch

Primary muscle group(s):

Shoulders

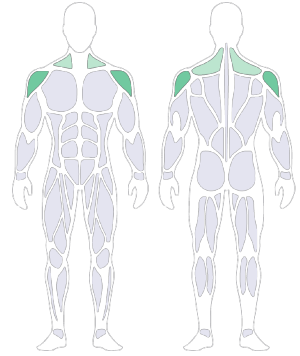
Secondary:

Neck & Upper Traps

Stand tall and bring your right arm across your upper body, holding it with your left arm just below or above the elbow.

Hold the stretch and then release.

Repeat the stretch with the left arm.



Overhead Triceps Stretch

Primary muscle group(s):

Triceps

Secondary:

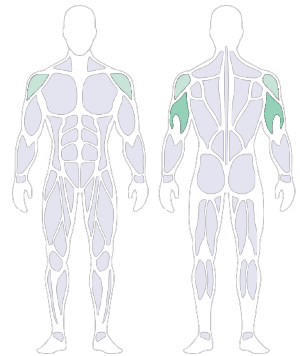
Shoulders

Standing up straight with a tight core, extend your left arm straight into the air.

Keep the elbow up as you bend your arm behind your head.

Take the right hand and gently pull the left elbow towards the right.

Hold this stretch then switch to the other side.



Standing Lateral Stretch

Primary muscle group(s):

Middle Back / Lats

Secondary:

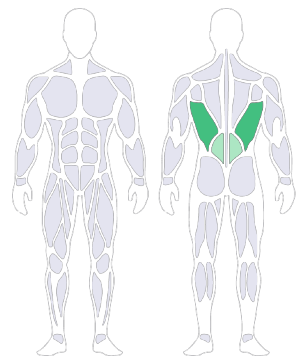
Lower Back

Stand comfortably with your back straight and your feet placed about shoulder-width apart.

Elevate one arm out to the side and above your head with your bicep facing your ear and your fingertips extended over your head.

Gently lean away from the side on which your arm is elevated creating a stretch along the extended side of your body.

Lower your arm and straighten your torso to get back to the starting position.



Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary muscle group(s):

Chest

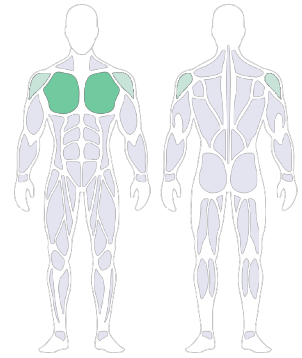
Secondary:

Shoulders

Stand tall and place your hands together with your arms extended straight out in front of you.

Keep your arms straight and then move them back as far as you comfortably can. Your palms should face front and you should feel the stretch along your chest.

Return the arms to the starting position, extended in front of you.



Love Yourself Back Stretch

Primary muscle group(s):

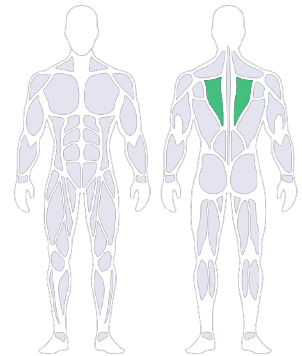
Upper Back & Lower Traps

With a slight bend at the knee, stand with your feet hip or shoulder-width apart.

Bring your hands up and across your body, reaching around to opposite sides of your upper back.

Hold this position, or even lightly push your chest forward for an added upper back stretch.

Hold for the specified amount of time.



Standing Quadricep Stretch

Primary muscle group(s):

Quadriceps

Secondary:

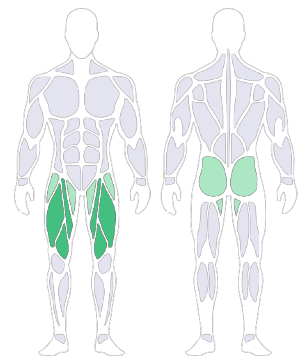
Glutes & Hip Flexors

Stand next to a wall or stationary object to support your balance.

Grasp the top of your right ankle or forefoot with your right hand and pull the ankle or foot towards your buttocks.

Straighten the right hip by moving your knee slightly backwards and making sure it faces the floor. Don't let your knee flare out towards the side

Hold the stretch and repeat on the left leg.



Standing Hamstring Stretch

Primary muscle group(s):

Hamstrings

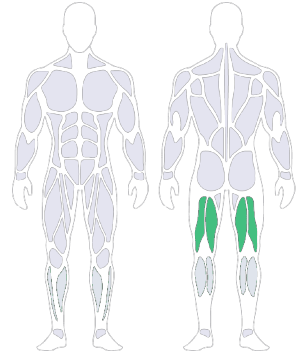
Secondary:

Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



Standing Knee Hugs

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

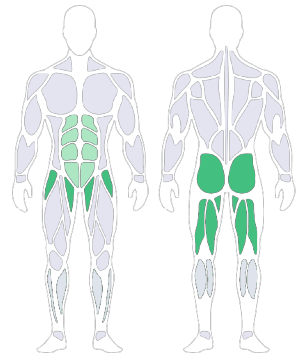
Secondary:

Abs, Calves

Stand with your feet shoulder-width apart. Maintain a tight core throughout. Lift your left knee up and towards your chest.

Grab your left knee and pull it in as close as you can into your chest. Hold this stretch for 20 to 40 seconds.

Slowly release the left leg to the ground and repeat on the other side.



Straight-Leg Calf Stretch

Primary muscle group(s):

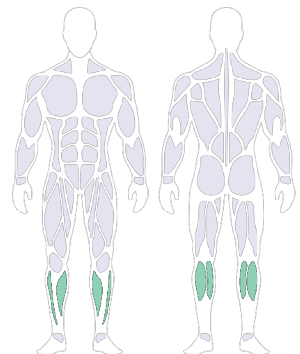
Calves

Stand a few inches away from a wall, facing it and place both hands on the wall with your arms extended.

Lean against the wall and bend one leg forward with the other leg extended straight back. Your feet should both be facing forward.

Push the rear heel to the floor and bring the hips slightly forward.

Hold the stretch and repeat on the other leg.



Cat Stretch

Primary muscle group(s):

Lower Back, Middle Back / Lats, Spine, Upper Back & Lower Traps

Secondary:

Neck & Upper Traps, Shoulders, Wrists

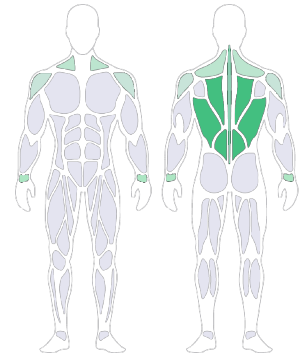
Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

With an inhale, arch your spine, reaching your head and tailbone toward the sky. Let your belly drop toward the floor.

With an exhale, round your spine, drawing your head and tailbone toward the floor.

Repeat this movement.

Modification: Place a folded blanket under your knees for cushion.



Extended Child's Pose

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Lower Back, Middle Back / Lats, Upper Back & Lower Traps

Sit on your heels. Bring your feet together and knees hip-width apart.

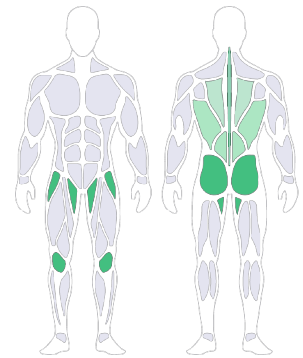
Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

 Avoid this pose if you have a knee injury.



Extended Cobra

Primary muscle group(s):

Lower Back, Middle Back / Lats, Spine, Upper Back & Lower Traps

Secondary:

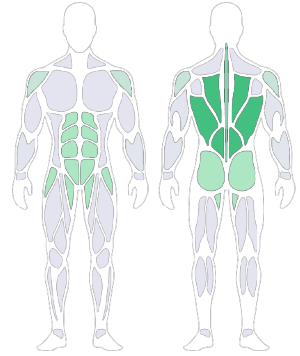
Abs, Forearms, Glutes & Hip Flexors, Shoulders, Triceps

Lie on your stomach. Separate your feet hip-width apart. Place your hands under your shoulders and spread your fingers. Rest your forehead on the floor.

Push into your hands and lift your head, chest and stomach with an inhale. Keep your pelvis on the floor.

Hold the pose and take slow, deep breaths.

Lower with an exhale.



Downward Facing Dog

Primary muscle group(s):

Calves, Hamstrings, Middle Back / Lats, Spine

Secondary:

Abs, Ankles, Glutes & Hip Flexors, Quadriceps, Triceps, Wrists

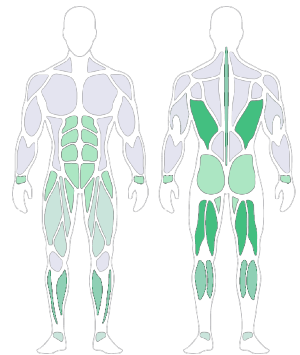
Lie on your stomach. Bring your hands under your shoulders and spread your fingers wide. Bring your feet as wide as your hips and curl your toes under.

Push into the floor and come onto your knees with an exhale, then slowly straighten your legs. Release your heels toward the floor. Reach your tailbone toward the sky behind you to lengthen your spine. Bring your head in between your arms.

Hold the pose and take slow, deep breaths.

Release your knees to the floor with an exhale and sit back on your heels.

 Avoid this pose if you have high blood pressure or carpal tunnel syndrome.



Standing Half Forward Bend

Primary muscle group(s):

Hamstrings, Spine

Secondary:

Calves

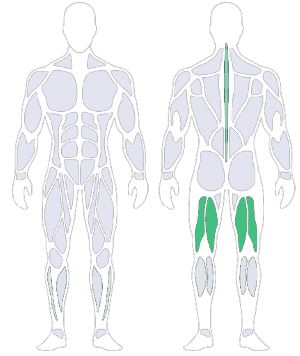
Begin in Standing Forward Bend. Rest your fingertips on the floor in line with your toes.

Lift your torso with an inhale, keeping your fingertips on the floor. Lengthen your spine and gaze diagonally downward.

Hold the pose for a moment.

Fold forward with an exhale.

Modification: Bend your knees. Place your hands on your shins instead of the floor.



Raised Arms / Hands

Primary muscle group(s):

Chest, Shoulders, Spine

Secondary:

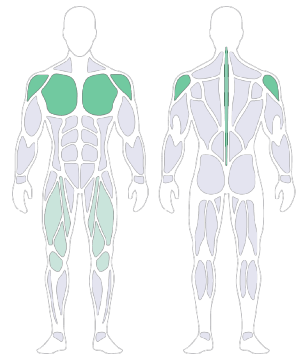
Knees, Quadriceps

Stand with your feet hip distance wide. Point your big toes forward. Allow your arms to hang by your sides. Reach the crown of your head toward the sky. Point your tailbone toward the floor.

Reach your arms forward and up with an inhale, palms facing forward. Gently arch back and gaze diagonally upward. Keep length in your spine.

Hold the pose for a moment.

Lower your arms with an exhale.



Garland

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Ankles, Lower Back

Begin standing with your feet wide. Lower into a squat with an exhale.

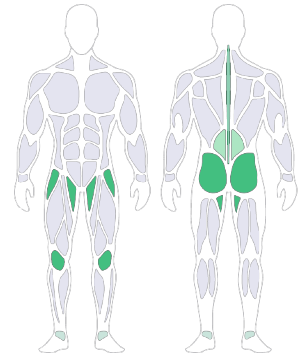
Bring your feet close together, but open your knees wider than your torso.

Bring your upper arms to the insides of your thighs and press your hands together in front of your chest.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

Modification: Place a folded mat under your heels if they don't touch the floor.



Frog

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Ankles, Knees

Begin in Child's. Come onto your elbows, fingers interlaced.

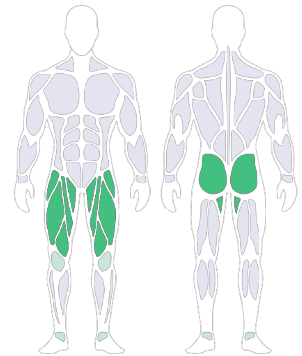
Lift your hips and widen your knees. Bring your ankles in line with your knees, toes pointing outward.

Hold the pose and take slow, deep breaths.

Push your elbows into the floor and bring your legs together, returning to Child's.

Modification: Touch your toes together.

 Avoid this pose if you have hip, knee or ankle injury.



Wide Angle Seated Forward Bend

Primary muscle group(s):

Calves, Hamstrings

Secondary:

Glutes & Hip Flexors, Lower Back, Spine

Sit with your legs stretched in front of you. Open your feet as wide as possible. Point your toes up.

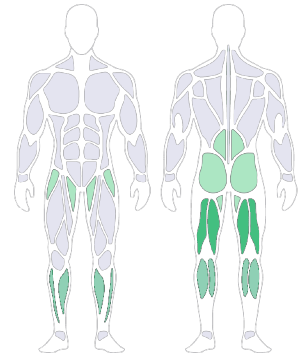
Walk your arms forward with an exhale. Grasp your big toes with your index fingers. Breathe here for a moment.

Bend forward from your hips with an exhale and hold the outsides of your feet. Relax your neck.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

Modification: Stay upright and walk hands forward as much as possible without straining.



Head to Knee

Primary muscle group(s):

Hamstrings, Spine

Secondary:

Calves, Knees, Lower Back, Middle Back / Lats

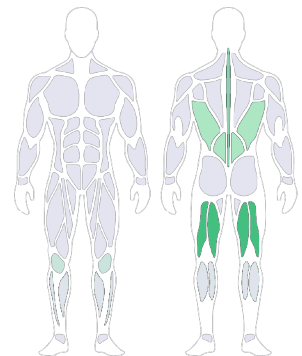
Sit with your legs stretched in front of you. Bend your right leg and place the sole of your foot against your left upper thigh. Flex your left foot.

Turn your upper body toward your extended leg. Slowly bend forward with an exhale. Walk your hands down your leg and grasp your shin, ankle, or toes. Relax your neck.

Hold the pose and take slow, deep breaths.

Rise with an inhale. Change sides.

 Avoid this pose if you have asthma or a knee injury.



Bound Angle

Primary muscle group(s):

Hamstrings, Spine

Secondary:

Glutes & Hip Flexors, Knees, Lower Back, Middle Back / Lats

Sit with your legs stretched in front of you. Bend your legs and bring the soles of your feet together, close to your groin. Hold on to the outsides of your feet.

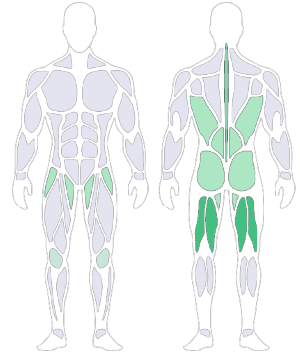
Lengthen your spine upward with an inhale.

Bend forward with an exhale and release your torso toward the floor. Relax your neck.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

⚠️ Avoid this pose if you have a knee or groin injury.



Reclined Spinal Twist

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back, Spine

Secondary:

Obliques

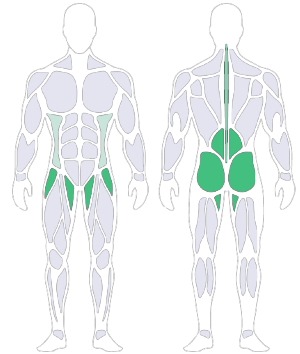
Lie on your back. Stretch your arms out at shoulder height, palms down.

Bend your right leg and place your foot flat on the floor next to your left knee. Place your left hand on top of your right knee.

With an exhale gently guide your right knee toward the floor. Gaze toward the right.

Hold the pose and take slow, deep breaths.

Untwist with an inhale. Change sides.



Eye of the Needle

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Knees, Spine

Lie on your back. Bend your knees and place your feet flat on the floor.

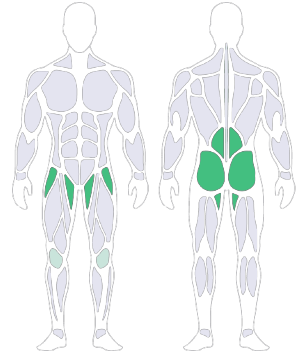
Bring your right ankle to your outer left thigh, just below your knee.

Thread your right arm through your legs. Interlace your fingers around your left thigh. Flex your feet.

Gently pull your left thigh toward your torso with an exhale.

Hold the pose and take slow, deep breaths.

Release with an inhale. Change sides.



Reclining Bound Angle

Primary muscle group(s):

Glutes & Hip Flexors, Knees

Secondary:

Spine

Lie on your back. With an exhale bring the soles of your feet to touch and draw them toward your pelvis. Release your knees toward the floor.

Bring your arms several inches away from your torso, palms facing up.

Close your eyes. Find stillness.

Hold the pose and take slow, deep breaths.

Supporting your knees with your hands, straighten your legs with an exhale.

Modification: Support your knees on blocks or blankets.

 Avoid this pose if you have groin injury.

