

Static Stretching Finisher

Complete 1 round of this circuit after your workout to relieve muscle tightness and increase flexibility.

Overhead Lat/Triceps Stretch

- 30-120 sec each side
- Keep core tight, ribcage down
- Use exhale to increase stretch across lats and triceps



Half-Kneeling Adductor Stretch

- 30-120 sec each side
- Sit backward to stretch hamstring and groin
- Keep ribs down, hips relaxed



Half-Kneeling Hamstring Stretch

- 30-120 sec each side
- Hinge hips back, bring chest forward
- Keep leg straight, toes up



Half-Kneeling Glute External Rotation Stretch

- 30-120 sec each side
- One leg bent, foot below stomach
- Relax hips, bring stomach down toward floor



Half-Kneeling Hip Flexor Stretch

- 30-120 sec each side
- Brace core, squeeze glute
- Lean forward to stretch hip flexors



Couch Stretch

- 30-120 sec each side
- Use towel under knee as a cushion
- Hinge hips open to stretch quads and hip flexors



Calf (Gastrocnemius) Stretch

- 30-120 sec each side
- Brace foot on stable surface
- Keep leg straight, lean forward to stretch



Soleus Stretch

- 30-120 sec each side
- Start with toe touching edge of stable surface
- Keep heel flat on floor
- Bend knee to stretch lower calf and heel cord

