

List of stretching exercises

Abdominal Stretch	Overhead Triceps Stretch
Back Stretches	Pyramid Stretch
Butterfly Stretch	Quad Stretch
Chest Stretch	Reaching Side Bend
Chest Stretch against Wall	Reverse Hurdler's Stretch
Cross-Legged Stretch	Runner's Lunge
Double Calf Stretch on Step	Seated Glute Stretch with Twist
Figure 4 Stretch	Seated Glute Stretch with Twist Variation
Fire Log Stretch	Seated Hamstring Stretch
Hamstring Stretch	Shoulder Stretch
Happy Baby	Side Squat
High Lunge Stretch	Single Calf Stretch on Step
Iliotibial (IT) Band Stretch	Single Knee to Chest
Kneeling Back Stretches	Squat Stretch
Kneeling Chest Stretch	Squat Stretch Variation
Kneeling Full Body Stretch	Standing Full Body Stretch
Kneeling Lateral Stretch	Standing Hamstring and Calf Stretch
Kneeling Twist	Standing Hamstring Stretch
Knees to Chest	Standing Hamstring with IT Stretch
Low Lunge Stretch	Standing IT Stretch with Overhead Reach
Lying Double Leg Twist	Standing Quad Stretch
Lying Twist	Upper Body Stretch
Modified Abdominal Stretch	Wall Calf Stretch
Neck Stretch with Rotation	Wall Calf Stretch Variation
Neck Stretches	Wrist Stretches