

# BUILD YOUR BODY

## STRETCH GUIDE

**Stretching** may not be the most exciting part of working out but doing flexibility work is just as important for a well-rounded fitness routine as strength and cardio work. Incorporating some stretching exercises into your workout schedule will help you improve flexibility, reduce tightness, and ultimately, make your workouts more efficient and safe.

It's true that stretching is neither glamorous nor hardcore, and it probably won't give you the same rush that will run or HIIT class will. "It is uncomfortable, and it takes time, so people don't like to do it," people says. "However, you can't just do strength training and cardio without putting yourself at risk for injury and pain." By doing a ton of work that contracts the muscles (which shortens them) and never stretching (lengthening) them, your muscles will end up imbalanced.



Balance in the body increase your risk for injury because they can cause some muscles and joints to overcompensate for other ones that are too tight to engage properly. This leads to strains and discomfort.

Luckily, improving your flexibility and mobility isn't hard. It just takes a little time. Try adding the stretches for flexibility that AnimaBFitness demos below into your routine to help relieve muscle tension and increase mobility --- so that you can move through both the gym and life more freely.

Submit a review or share your fitness journey using #Anomaly please submit before and after pictures here before starting the challenge [pictures are used for process and are kept confidential [mailto:AnimaBFitness@gmail.com?subject=Anomaly Summits](mailto:AnimaBFitness@gmail.com?subject=Anomaly%20Summits)

**COMMITMENT - EFFORT AND FOCUS**



# 20 Stretching Exercises for Better Flexibility

## 1. Standing Hamstring Stretch

Stretches neck, back, glutes, hamstrings, calve



## 2. Piriformis Stretch

Stretches hips, back, glutes



### *3. Lunge With Spinal Twist*

*Stretches hip flexors, quads, back*



#### 4. Triceps Stretch

Stretches neck, shoulders, back, triceps





## 5. Figure Four Stretch

*This specifically stretches your hip rotator and flexor muscles*



## 6. 90/90 Stretch

*This modification of pigeon pose helps with internal rotation of one leg and external rotation of the other. So, your hitting both movements of the hip at once.*



## 7. Frog Stretch

Most of us sit and cross our legs, which can lead to tight hips and results in lower-back pain, this stretch directly targets tight spots in the hips/groin and is especially useful for runners.



## 8. Butterfly Stretch

Stretches hips, back, glutes





### *9. Seated Shoulder Squeeze*

*I love this stretch because it relieves poor posture and release tension in the upper back.*



## 10. Side Bend Stretch

Stretches groin, hips, inner thigh, oblique



## 11. Lunging Quad Stretch

Stretches hips, quads, glutes



*12. Knee to Chest Stretch*  
*Stretches chest, shoulders*





### 13. Seated Neck Release

Stretches lower back, hips, hamstrings



### 14. Lying Quad Stretch

Stretches neck



*15. Standing Quad Stretch*

*Stretches quads*





*16. Sphinx Pose*

*Stretches lower back, chest, shoulders*



*17. Extended Puppy Pose*  
*Stretches back, shoulders, glutes*





*18. Reclining Bound Angle Pose*

*Stretches inner thighs, hips, groin*



*19. Twister*

*Stretches upper body*



**20. BREATHE 3X DEEPLY AND  
RELAX!**