

# Seated Ankle Reach



Purpose: stretch upper leg – *adductor*  
*and gracilis muscles*

# Seated Toe Reach



Purpose: stretch back of upper leg/hamstrings – *biceps femoris*, *semitendinosus muscles*

# Lateral Reach



Purpose: stretch back of upper arm – *triceps muscle*; side of trunk – *oblique muscles*; side of hip – *tensor muscle*

# Knee Hug



Purpose: stretch back of upper leg/  
hamstrings – *biceps femoris and  
semitendinosus muscles*

# Lunge



Purpose: stretch leg – *quadriceps and gastrocnemius muscles*

# Shoulder Stretch



Purpose: stretch shoulder – *deltoid muscle*; upper back – *trapezius muscle*

# Arm Stretch



Purpose: stretch back of upper arm –  
*triceps muscle*

# Spinal Twist



Purpose: stretch lower back – *latissimus dorsi* muscle; hip – *gluteus* muscle group

# Kneeling Lunge



Purpose: stretch front of upper leg –  
*quadriceps muscles*

# Stationary Stride



Purpose: stretch back of lower leg –  
*gastrocnemius muscle*

# Reach to Ankle



Purpose: stretch back of lower leg –  
*gastrocnemius muscle*

# Hip Stretch



Purpose: stretch hip and outside of leg –  
*gluteus muscle group*

# Elongation Stretch



Purpose: stretch joints – rib cage, spine, arms/shoulders, feet/ankles; stretch trunk/ribs to hips – *abdominal muscles*

# Squat



Purpose: stretch knees, ankles, front of lower leg; back – *latissimus dorsi muscle*; upper, inner leg – *adductor and gracilis muscle group*

# Ankle Rolls



Purpose: stretch ankle joint ligaments

# Standing One Leg



Purpose: stretch knee joint; front of upper leg – *quadriceps muscles*

# Standing Straddle



Purpose: stretch lower back – spine; hips – *gluteus muscle group*; back of upper leg/hamstrings – *biceps femoris* and *semitendinosus muscles*

# Reach Behind



Purpose: stretch chest – *pectoral muscles*; shoulder – *deltoid muscle*; front of upper arm – *biceps muscles*

# Reach Overhead



Purpose: stretch shoulder joint and rib cage; inside arm – *brachioradialis muscle*; side of trunk – *oblique muscles*

# Hip & Foot Stretch



Purpose: stretch hip and toe joints