



# FULL BODY STRETCH

10 stretches for mobility and recovery.

TARGET AREAS  
HIPS · LOWER BACK · SPINE · HAMSTRINGS · CALVES · GROIN



## 01 Upward Dog

20-30 SEC

- Lie on your stomach, hands under shoulders.
- Press up, lift your chest and look up.
- Keep hips on the ground.



## 03 Pigeon Pose

20-30 SEC / SIDE

- Bring one knee forward toward the opposite wrist.
- Angle the front shin, back leg straight behind you.
- Sit tall, chest lifted, hips square.



## 05 Cat / Cow

8-10 REPS

- Hands under shoulders, knees under hips.
- Inhale, drop belly and look up (Cow).
- Exhale, round back and tuck chin (Cat).



## 07 Squat Hold

30 SEC

- Feet slightly wider than shoulder-width.
- Sit into a deep squat, feet flat.
- Let hips, groin and lower back relax.



## 09 Figure 4

20-30 SEC / SIDE

- Lie on your back, one foot flat.
- Cross one ankle over the opposite knee.
- Pull the bottom thigh toward your chest.



## 02 Child's Pose

20-30 SEC

- Kneel and sit back toward your heels.
- Reach arms forward, relax chest and forehead to the ground.
- Breathe deeply.



## 04 Hip Flexor

20-30 SEC / SIDE

- Step one foot forward, drop the back knee.
- Torso tall, hips facing forward.
- Squeeze back glute. Reach arms overhead (optional).



## 06 Lower Back

20-30 SEC

- Lie on your back.
- Pull one or both knees to your chest.
- Rock gently side to side if it feels good.



## 08 Down Dog + Calves

20-30 SEC

- Hands and feet down, lift hips up and back.
- Pedal your heels toward the ground.
- Keep a slight knee bend if needed.



## 10 Cobbler's Pose

20-30 SEC

- Sit, soles of feet together, knees out.
- Hold feet or ankles and sit tall.
- Lean forward gently for hips and groin.

## HOW TO USE IT

- Do all 10 in order, about 10 minutes.
- Use a mat or towel for floor stretches.
- Mild tension, never pain.
- Breathe slowly. Consistency beats intensity.