Hold each of the stretches for 10-20 seconds. And never, ever bounce!

**1. Runner’s lunge with side stretch**



**Directions:**

* Assume a lunge position with your forward knee bent over your foot and your back leg extended behind you.
* Bring your opposite arm over your head and lean into the stretch.
* Drop your knee to the ground for a deeper stretch.
* Repeat on the opposite side.

**Muscles stretched:** Hip flexors, obliques (side abs)

**2. Sitting hamstring stretch**



**Directions:**

* Sit on the floor with your legs stretched out in front of you.
* Bend one leg in at the knee.
* Slowly bend forward from hips toward foot of straight leg until you feel slight stretch.
* Hold for 10 to 20 seconds, then repeat on the other side.

**Muscles stretched:** Hamstrings (back of leg), lower back

**3. Triceps stretch**



**Directions:**

* Put one arm overhead, positioning your forearm as close as possible to your upper arm.
* Grasp your elbow overhead with your other hand.
* Pull your elbow back and toward your head.
* Hold stretch for 10-20 seconds, then repeat with opposite arm.

**Muscles stretched:** Triceps, lats

**4. Pigeon pose**

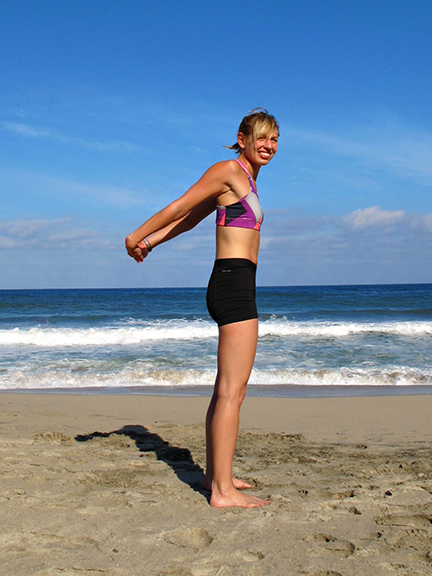


**Directions:**

* Cross one knee in front of you while keeping the opposite leg straight behind you.
* Place both hands on the ground in front of you and slowly lower your upper body down as low as possible.
* Hold for 10-20 seconds then switch sides.

**Muscles stretched:** Hips, glutes, lower back

**5. Chest opener stretch**



**Directions:**

* Stand or sit with your back straight and shoulders pulled back.
* Reach behind you and clasp both hands together.
* Bring hands up toward your head as far as possible.
* Hold for 10-20 seconds.

**Muscles stretched:** Chest, shoulders

**6. Runner’s lunge with quad stretch**



**Directions:**

* Assume a lunge position with your forward knee bent over your foot and your back leg extended behind you.
* Drop your knee to the ground.
* Reach your arm back and grab your foot or ankle and pull forward to stretch.
* Repeat on the opposite side.

**Muscles stretched:** Hip flexors, quads (front of legs)

**7. Twisted arm stretch**



**Directions:**

* Bring your hands out in front and cross your arms, one over the other.
* Twist your hands such that the palms face into each other, trying to create contact with your fingers.
* Hold for 4 counts, unwind your arms, and then repeat on the other side.

**Muscles stretched:** Lats, shoulders, triceps

**8. Downward dog**



**Directions:**

* Start by kneeling on the ground with your hands shoulder-width apart on front of you.
* Take a deep breath and raise your buttocks into the air, straightening your legs as much as possible.
* Lower your head toward the ground and straighten your spine.
* Lower your heels toward the ground as far as you can go to give your calves a good stretch.

**Muscles stretched:** Calves; releases tension in back, shoulders

**9. Upward dog**



**Directions:**

* Lie face down on the ground with your feet hip-width apart and your hands resting next to your lower ribs.
* Keeping your toes and hands on the floor, press your chest up so that your back is straight.
* Squeeze your buttocks (to keep your back from hurting) and pull your shoulders back.
* You may raise slightly above the ground for a deeper yoga stretch.

**Muscles stretched:** Chest, abs; opens up shoulders, upper back

**10. Leg over or “Iron Cross” stretch**



**Directions:**

* Lie on your back with your legs straight in front of you.
* Bring one leg straight into the air then bring across your body so it rests on the ground.
* Hold for 10-20 seconds, then repeat on the other side.

**Muscles stretched:**Side of hips, lower back, middle back