

15 Minute Full Body Stretch Workout

Are you feeling too sore to workout? But still don't want to skip your training day? Try this 15 minute stretch workout to dig into those tired muscles and speed up recovery. You will love this stretching routine!

Instructions:

Hold each stretch for 50 seconds or 25 seconds on each side. Breathe evenly. Move to the next pose. Go deeper into each stretch if you feel like it!

Exercises in this workout:

- Neck Stretch
- Overhead Triceps Stretch
- Shoulder Stretch
- Wide Arm Chest Stretch / Reverse Butterfly Stretch
- Samson Stretch / Lunge Stretch
- Kneeling Hip Flexor Stretch
- Standing Adductor / Adduction Stretch
- Standing Hamstring Stretch
- Standing Quadricep Stretch
- Straight-Leg Calf Stretch
- Ragdoll / Forward Bend / Fold Stretch / Toe Touches
- Butterfly Stretch
- Hamstring Stretch
- Knee-to-Chest Lower Back Stretch
- Gluteus / Glute / Gluteal Stretch
- Scorpion Stretch
- Cobra Abdominal Stretch / Old Horse Stretch
- Cat Back / Backward Camel Stretch

15 Minute Full Body Stretch

Abs, Arms, Back, Chest, Legs, Shoulders

Neck Stretch



50 secs

25 seconds each side

Overhead Triceps Stretch



50 secs

25 seconds each side

Shoulder Stretch



50 secs

25 seconds each side

Wide Arm Chest Stretch / Reverse Butterfly Stretch



50 secs

Standing Adductor / Adduction Stretch



50 secs

25 seconds each side

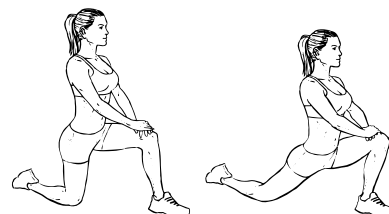
Samson Stretch / Lunge Stretch



50 secs

25 seconds each side

Kneeling Hip Flexor Stretch



50 secs

25 seconds each side

Standing Hamstring Stretch



50 secs

25 seconds each side

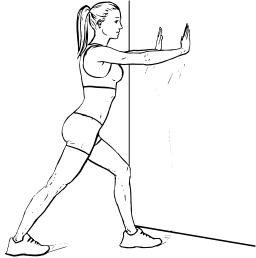
Standing Quadricep Stretch



50 secs

25 seconds each side

Straight-Leg Calf Stretch



50 secs

25 seconds each side

Ragdoll / Forward Bend / Fold Stretch / Toe Touches



50 secs

Just hang and try to reach your toes!

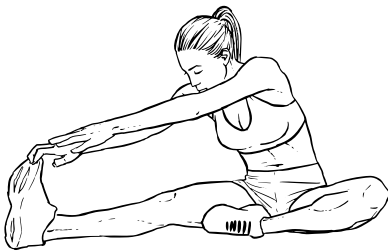
Butterfly Stretch



50 secs

Try to bend forward and touch your feet with your forehead for a deeper stretch!

Hamstring Stretch



50 secs

25 seconds each side

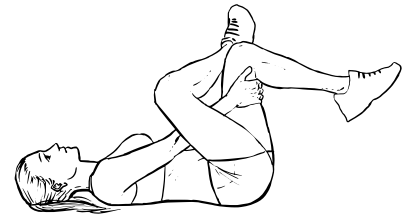
Knee-to-Chest Lower Back Stretch



50 secs

25 seconds each side

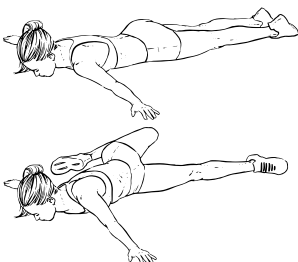
Gluteus / Glute / Gluteal Stretch



50 secs

25 seconds each side

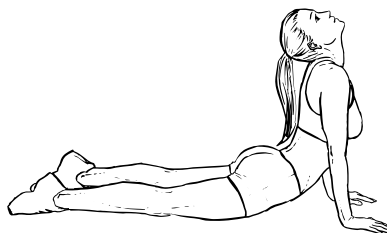
Scorpion Stretch



50 secs

25 seconds each side

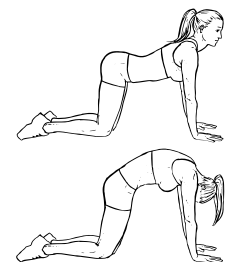
Cobra Abdominal Stretch / Old Horse Stretch



50 secs

For a deeper stretch try to just hold on the toes and hands without your belly touching the floor!

Cat Back / Backward Camel Stretch



50 secs

Exhale when you curve back (cat pose), inhale when you lower back (cow pose)