

Stretch Daily Movements To Set Your Body Free

Daily stretching can help to improve flexibility, range of motion, and posture. It can also reduce muscle soreness and tension. Here are a few simple stretches that you can do daily to help keep your body feeling its best.



STRETCH: 7 daily movements to set your body free

by Roger Frampton

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1. Hamstring stretch

The hamstrings are the muscles on the back of your thighs. They can get tight from sitting for long periods of time or from activities that involve running or jumping. To stretch your hamstrings, stand with your feet hip-width apart. Bend forward at the hips and reach your hands towards your toes. Hold the stretch for 30 seconds. Repeat 2-3 times.



2. Quadriceps stretch

The quadriceps are the muscles on the front of your thighs. They can get tight from activities that involve running, jumping, or squatting. To stretch your quadriceps, stand with your feet hip-width apart. Bend your right knee and grab your right foot with your right hand. Pull your right heel towards

your glutes. Hold the stretch for 30 seconds. Repeat with your left leg. Repeat 2-3 times.



3. Calf stretch

The calves are the muscles on the back of your lower legs. They can get tight from standing for long periods of time or from activities that involve running or jumping. To stretch your calves, stand with your feet flat on the

floor. Step forward with your right foot and bend your left knee. Press your left heel into the floor and hold the stretch for 30 seconds. Repeat with your right leg. Repeat 2-3 times.



4. Cat-cow stretch

The cat-cow stretch is a great way to stretch your back and spine. It can also help to improve your posture. To do the cat-cow stretch, start on your

hands and knees. Inhale, arching your back and lifting your head and tailbone. Exhale, rounding your back and tucking your chin to your chest. Repeat 10-15 times.



5. Child's pose

Child's pose is a relaxing stretch that can help to relieve stress and tension. It can also help to improve digestion and circulation. To do child's pose, kneel on the floor with your knees hip-width apart and your toes pointed. Sit back on your heels and fold forward, resting your forehead on the floor. Hold the stretch for 1-2 minutes.



6. Cobra stretch

The cobra stretch is a great way to stretch your back and spine. It can also help to strengthen your core muscles. To do the cobra stretch, lie on your stomach with your legs together and your feet flexed. Place your hands under your shoulders and press your palms into the floor. Lift your upper

body up, keeping your hips and legs on the floor. Hold the stretch for 30 seconds. Repeat 2-3 times.



7. Downward-facing dog

Downward-facing dog is a great way to stretch your entire body. It can also help to improve your circulation and energy levels. To do downward-facing dog, start on your hands and knees. Spread your hands shoulder-width apart and your knees hip-width apart. Tuck your toes under and lift your hips up and back, forming an inverted V-shape with your body. Hold the stretch for 30 seconds to 1 minute.



8. Standing quad stretch

The standing quad stretch is a great way to stretch your quadriceps. It can also help to improve your balance and stability. To do the standing quad stretch, stand with your feet hip-width apart. Bend your right knee and grab your right foot with your right hand. Pull your right heel towards your glutes.

Hold the stretch for 30 seconds. Repeat with your left leg. Repeat 2-3 times.



9. Kneeling hip flexor stretch

The kneeling hip flexor stretch is a great way to stretch your hip flexors. It can also help to improve your flexibility and range of motion. To do the kneeling hip flexor stretch, kneel on your left knee with your right foot flat on

the floor in front of you. Place your hands on your right thigh and lean forward, keeping your back straight. Hold the stretch for 30 seconds. Repeat with your right leg. Repeat 2-3 times.



10. Seated spinal twist

The seated spinal twist is a great way to stretch your spine and hips. It can also help to improve your digestion and circulation. To do the seated spinal

twist, sit on the floor with your legs crossed. Place your right hand on your left knee and your left hand behind your right hip. Inhale and lengthen your spine. Exhale and twist your torso to the left, looking over your left shoulder. Hold the stretch for 30 seconds. Repeat on the other side. Repeat 2-3 times.



Tips for stretching

* Hold each stretch for 30 seconds to 1 minute. * Breathe deeply throughout the stretch. * Don't bounce or jerk while stretching. * Stretch to the point of mild discomfort, but don't overstretch. * Stretch regularly, ideally 每天.

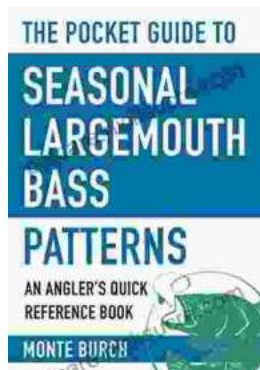


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