

5 - MINUTE FULL BODY STRETCHES

5 minutes

Start with a thorough warm up routine, continue with a full body workout and finish with this set of static stretches. Repeat this circuit 1 time.



S P O T E B I . C O M



20"

ab stretch

20" + 20"



cat cow stretch



20" + 20"

hip flexor stretch

20"



lower back stretch



20"

standing forward bend

20" + 20"



quad stretch



20" + 20"

calf stretch

20" + 20"



shoulder stretch



20"

biceps stretch

20"



child's pose

Five Minute Stretch

JG Myers



Five Minute Stretch:

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