



# **30 MINUTE FULL BODY STRETCHING ROUTINE PDF**

## Neck Stretches (2 minutes)

### Neck Side Tilt



1. Stand or sit upright.
2. Slowly tilt your head towards one shoulder until you feel a gentle stretch.
3. Hold for 15-30 seconds.
4. Repeat on the other side.

### Neck Rotation



1. Stand or sit upright.
2. Slowly turn your head to one side until your chin is roughly in line with your shoulder.
3. Hold for 15-30 seconds.
4. Repeat on the other side.

## Shoulder Stretches (2 minutes)

### Cross Body Shoulder Stretch



1. Stand upright.
2. Extend your right arm across your body.
3. Use your left hand to gently pull your right arm closer to your chest.
4. Hold for 15-30 seconds.
5. Repeat with the other arm.

### Cow Face Pose



1. Stand or sit upright.
2. Reach your right arm up towards the ceiling, then bend your elbow to reach your hand down your back.
3. Reach your left arm down and behind your back, trying to clasp your fingers together.
4. Hold for 15-30 seconds.
5. Repeat with the other arm.

## Upper Back Stretches (2 minutes)

### Cat-Cow Stretch



1. Start on your hands and knees.
2. Arch your back, tucking your chin into your chest (cat pose).
3. Then, sink your back down, lifting your chin and chest towards the ceiling (cow pose).
4. Repeat this sequence for 1-2 minutes.

### Child's Pose



1. Start on your hands and knees.
2. Sit back on your heels and reach your arms forward, lowering your chest towards the floor.
3. Hold for 15-30 seconds.

## Thoracic Spine Stretches (2 minutes)

### Thoracic Extension



1. Sit on the edge of a chair with your feet flat on the floor.
2. Clasp your hands behind your neck.
3. Gently arch your back while looking up towards the ceiling.
4. Hold for 15-30 seconds.

### Thread the Needle



1. Start on your hands and knees.
2. Slide one hand under your body, reaching towards the opposite side.
3. Lower your shoulder to the floor.
4. Hold for 15-30 seconds.
5. Repeat with the other hand.

## Chest Stretches (2 minutes)

### Doorway Lunge Stretch



1. Stand in an open doorway or next to an upright/post.
2. Place your hands on the door frame at shoulder height.
3. Gently lean forward until you feel a stretch in your chest.
4. Hold for 15-30 seconds.

### Scorpion Chest Stretch



1. Lie flat on the ground, with your arms out 90 degrees to your side.
2. Lift one leg up and rotate over the other until the foot is touching the floor.
3. Keep the non-moving leg still, and the arm on that same side flat to the ground with the palm facing down.
4. Hold for 3 to 5 seconds.
5. Repeat for 10 reps on each side.



## Lower Back Stretches (2 minutes)

### Knee-to-Chest Stretch



1. Lie on your back.
2. Pull one knee towards your chest and hold it there with your hands.
3. Hold for 15-30 seconds.
4. Repeat with the other knee.

### Supine Twist



1. Lie on your back.
2. Bend your knees and keep your feet flat on the floor.
3. Drop your knees to one side, keeping your shoulders flat on the floor.
4. Hold for 15-30 seconds.
5. Repeat on the other side.

## Hip Stretches (2 minutes)

### Butterfly Stretch



1. Sit on the floor.
2. Bring the soles of your feet together, and let your knees fall out to the sides.
3. Gently press down on your knees with your elbows until you feel a stretch.
4. Hold for 15-30 seconds.

### Pigeon Pose



1. Start in a plank position.
2. Bring one knee forward and out to the side, and extend the other leg behind you.
3. Lower your body towards the floor as far as comfortable.
4. Hold for 15-30 seconds.
5. Repeat with the other leg.



## Quadriceps Stretches (2 minutes)

### Standing Quadriceps Stretch



1. Stand upright.
2. Bend one knee and grab your ankle, pulling it towards your buttocks.
3. Hold for 15-30 seconds.
4. Repeat with the other leg.

### Kneeling Quadriceps Stretch



1. Kneel on one knee.
2. Grab the ankle of your back foot and gently pull it towards your buttocks.
3. Hold for 15-30 seconds.
4. Repeat with the other leg.

## Hamstring Stretches (2 minutes)

### Standing Hamstring Stretch



1. Stand upright.
2. Extend one leg in front of you and rest your heel on the ground.
3. Bend forward at the hips, keeping your back straight until you feel a stretch in the back of your thigh.
4. Hold for 15-30 seconds.
5. Repeat with the other leg.

### Seated Hamstring Stretch



1. Sit on the floor with one leg extended in front of you and the other leg bent, foot against the inner thigh of the extended leg.
2. Reach towards your toes of the extended leg.
3. Hold for 15-30 seconds.
4. Repeat with the other leg.

## Calf Stretches (2 minutes)

### Wall Calf Stretch



1. Stand facing a wall.
2. Place your hands on the wall and extend one leg straight behind you.
3. Keep your back leg straight and your heel on the ground.
4. Lean into the wall until you feel a stretch in your calf.
5. Hold for 15-30 seconds.
6. Repeat with the other leg.

### Downward Dog



1. Start in a plank position.
2. Push your hips up and back, straightening your legs and pushing your heels towards the floor.
3. Hold for 15-30 seconds.

## Feet Stretches (2 minutes)

### Toe Curl



1. Sit in a chair with your feet flat on the floor.
2. Curl your toes in, pressing them into the floor.
3. Hold for a few seconds, then release.
4. Repeat for 1-2 minutes.

### Achilles Stretch



1. Stand facing a wall with your hands on the wall at eye level.
2. Put the leg you want to stretch a step behind your other leg, keeping your back heel on the ground.
3. Bend your front knee and keep your back leg slightly bent.
4. Continue to push your back heel into the ground to feel the stretch in your Achilles tendon and calf.
5. Hold for 15-30 seconds.
6. Repeat with the other leg.

**Disclaimer:** The information provided in this article is intended for general informational and educational purposes only. It should not be used as a substitute for professional advice or treatment. While the exercises described in this full body stretching routine are generally safe for most people, they may not be suitable for everyone. If you have any health concerns or medical conditions, or if you're not used to regular exercise, please consult with a healthcare professional before starting this or any new exercise routine. Always listen to your body and perform these stretches at a pace and intensity level that feels comfortable for you. If you feel any pain or discomfort while performing these stretches, stop immediately and seek medical attention if necessary. Remember, safety should always be your top priority when it comes to exercise.