

Post Workout

Static Stretches

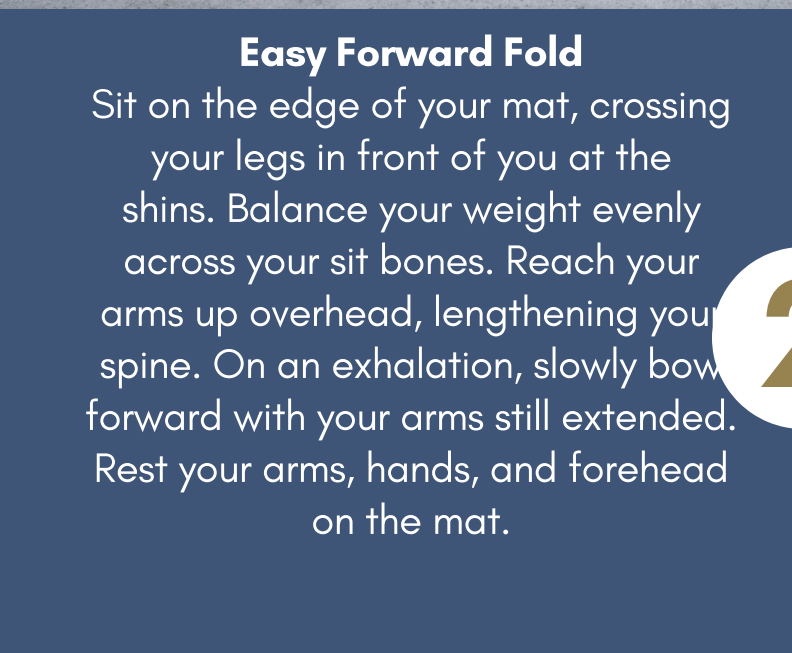
Hamstrings • Hip Flexors



1

Scissor Hamstring Stretch

Stand with your feet together. Step your left foot back about two feet and bend forward from your hip joint, keeping your back and both legs straight. After holding for 30 seconds, switch sides.



2

Easy Forward Fold

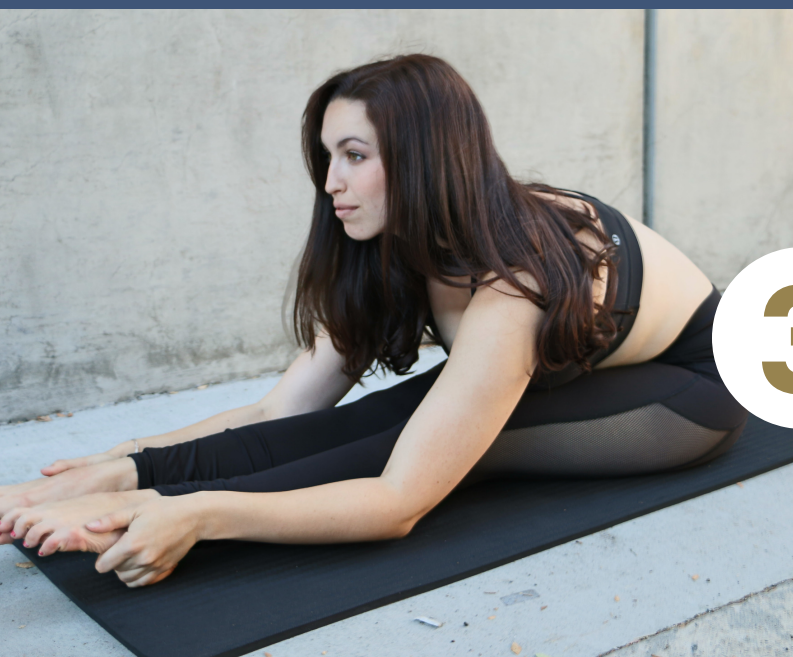
Sit on the edge of your mat, crossing your legs in front of you at the shins. Balance your weight evenly across your sit bones. Reach your arms up overhead, lengthening your spine. On an exhalation, slowly bow forward with your arms still extended. Rest your arms, hands, and forehead on the mat.



3

Forward Bend Straight Leg Rounded Back

Sit on the floor, extending both legs straight out in front of you, legs together. // Fold your torso over your thighs, gently rounding the back but keeping the legs straight. Hold here for 30 seconds and then sit up.



4

Reclined Hamstring Stretch

Lie on your back. Raise your R leg as high as you can, keeping your pelvis flat on the ground, encourage the leg to move toward your head. Flex your foot to stretch your calf too.



5

Pigeon Pose

Bring your right knee between your hands, placing your right ankle near your left wrist. Extend your left leg behind you so your kneecap and the top of your foot rest on the floor. // Square hips, balance your weight evenly between your right and left hips. Flex your front foot.



Static Stretches

Quadriceps • Hip Flexors



6

Static Quadriceps Stretch

Stand on one leg with your knees touching // Grab your L foot with your left hand and pull toward your butt. Do your best to keep your chest upright, and don't worry about how close your foot is to your butt // Hold for 20 to 30 seconds, then stretch the other leg.



7

Wide Second Position Pilé

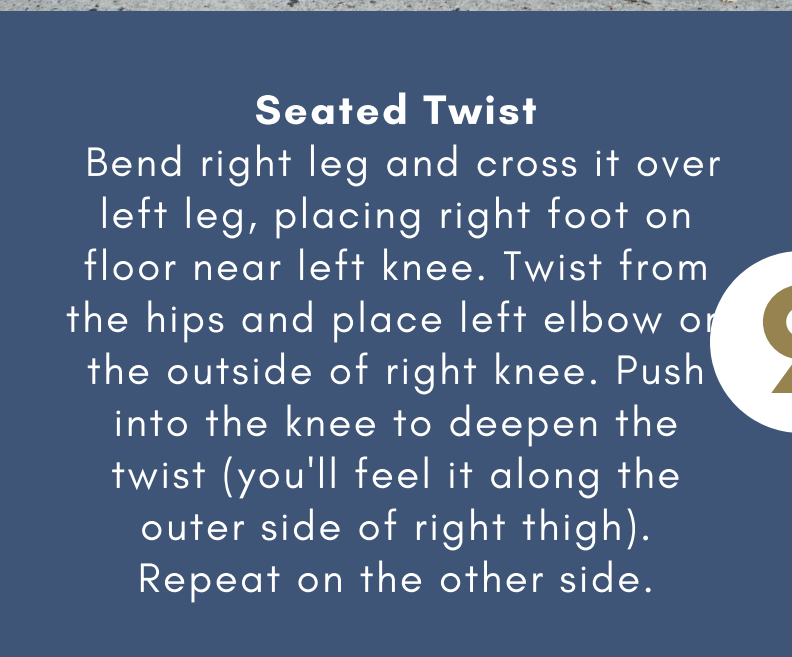
Start in a standing position, heels together, toes apart. Step your right foot out into a wide stance with toes pointing outward. Bend your knees deeply, keeping chest lifted and knees pushing back.



8

Cossak Stretch

Begin the movement by dropping your hips into a squat, making sure to keep toes pointed forward. Then slowly redistribute your weight onto left leg, straightening the right leg. Flex your right foot and point the toes to the ceiling.



9

Seated Twist

Bend right leg and cross it over left leg, placing right foot on floor near left knee. Twist from the hips and place left elbow on the outside of right knee. Push into the knee to deepen the twist (you'll feel it along the outer side of right thigh). Repeat on the other side.



10

Seated Heel Stretch

Begin seated with legs stacked on top of the other. Grab onto your right heel and pull your leg up to your chest. Keeping your knee still extend your leg to the side (turned out). Be mindful to keep you right hip pressing towards the floor. Bend knee lower leg and switch sides.



Static Stretches

Splits



11

Side Straddle Split Stretch

Sit in a straddle position, extending your legs as far as you are comfortable. Reach toward your right leg with your left arm, stretching your right arm toward your opposite leg. Hold the stretch for 20 to 30 seconds. Repeat to the left side.



12

Center Straddle Split Stretch

Sit in a wide straddle position, legs extended as far as is comfortable. Without bending the knees, reach to the center. Stretch as far as you can while maintaining a flat back. Try to lay your body on the floor, using your hands as support. Hold the stretch for 20 to 30 secs.



13

Half Split Stretch

From a low lunge // The left knee releases to the ground in a kneeling position, bring hands to frame R foot. The hands move back until they are even with the hips. The hips move back as the front right straightens foot flexed. The upper body then folds forward over the thigh.



Full Split

Begin in a half split. Slide your front foot forward, lean back, and slowly lower yourself to the ground, using your hands for balance as you get lower. Keep your hips squared and your toes straight.

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Big thank you to my models and my friends...

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