

The Simple 5 Minute Total Body Stretch Programme



Health & Fitness

Take each joint into the position illustrated until you feel tension in the muscle. Hold this position for approximately 8-10 seconds for warm up stretches and for 10 to 30 seconds for cool down/developmental stretches (over time try to gradually increase the time you hold these stretches and build up to 60s to enhance your flexibility and mobility).



MUSCLES STRETCHED
Posterior Deltoid
(Shoulder)



MUSCLES STRETCHED
Trapezius & Gastrocnemius
(Upper Back & Calf)



MUSCLES STRETCHED
Triceps
(Rear of Arm)



MUSCLES STRETCHED
Pectorals
(Chest)



MUSCLES STRETCHED
Latissimus dorsi & obliques
(Back & Sides)



MUSCLES STRETCHED
Quadriceps
(Front of Thigh)



MUSCLES STRETCHED
Hamstrings
(Rear of Upper leg)



MUSCLES STRETCHED
Adductors
(Inner Thigh)