



Neck Stretch

Our neck is highly sensitive and vital. Thus, you should not overstretch or bounce your neck to any direction when performing the neck exercises. You can prevent this by having your neck stretched. Use this section as guideline so that you can be sure you are stretching your neck the right way.



Head Forwards Stretch

Regular stretching now can help retain your flexibility and a good range of motion when you grow old, not only for exercising but for your daily activities as well. Maintain a regular stretching routine by following this exercise.



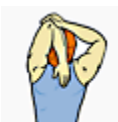
Shoulder Stretch

There are various shoulder exercises and the Shoulder Stretch is one of the best ways to exercise your deltoids. Stress makes your muscles tense up and can cause headache, stiff neck, sore shoulders and a knotted back. Add this stretching exercise to your fitness routine.



Anterior Deltoid Stretch

The Anterior Deltoid Stretch is a great way to exercise the front part of your shoulders. The anterior deltoid allows you to raise your arms to the front, the lateral deltoid allows you to raise your arms to the side, and the posterior deltoid allows you to rotate your arms to the rear.



Triceps Stretch or Arm Pullover

Like the shoulders, the triceps are also a three-headed muscle complex. The triceps are the muscles that run on the backside of your upper arm from your shoulder to your elbow. They constitute two-thirds of your upper arm.



Chest Stretch

The chest, like the neck, is also a common area for tension build-up. Consequently, the chest muscles can become tight and inflexible, which can cause problems in your posture. Thus, it is important to stretch your chest.



Upper Back Stretch

Your upper and lower back muscles consist of a large group of muscles that run from above your hips to your neck, arm, and shoulder areas. The main job of this muscle group is to help you with pulling and lifting loads. To stretch your upper back, follow the steps in this section.



Lower Back Stretch

One of the most common spots of injury is the lower back. Injuries in this site usually result from muscular imbalance, weak or inflexible muscles, or poor posture. The Lower Back Stretch is a great way to exercise these areas.



Hyperextension of Back

Back pain is a common ailment especially since the back takes in tension more than any other part of the body. Back pains can range from mild discomfort to pain that hinders you from working or participating in your favorite leisure activities. Preventing back pain before it strikes means you have to exercise it regularly.



Spine Rotation

One of the major benefits of stretching is that it increases your flexibility. Full body stretching will help your muscles relax, help you to breathe deeper, and help release all of that accumulated tension your body takes each day. The spine rotation is a great way to stretch it.



Cat Stretch

This Fitness Exercise is designed to relax your lower back muscles and to relieve the spasm which causes pain in your lower lumbar region. Performing the cat stretch alone will ease your tired back and minor aches and pains caused by bad posture.



Hip Flexor Stretch

Muscles such as the hip flexor are often neglected that's why it's important to stretch it. Keep in mind that this exercise also cuts the risk of injury from strenuous exercise and lessens muscle soreness. Learn how to do this type of stretching exercise in this section.



Glute Stretch

The gluteus or "glutes" form your buttocks. This large muscle is mainly used to extend the leg into a straight line with the torso and to rotate leg at the hip. Common exercises which involves the glutes are squats, leg press machine and most stability ball movements.



Prone Hamstring Stretch

The hamstrings consist of three muscles that make up the back of your upper leg - the biceps femoris, semitendinosis and semimembranosis. Their function is to extend the hip joint and flex the knee. There are various stretching exercises for the hamstrings.



Standing Hamstring Stretch

Quadriceps stretches strengthen your knees. Bear in mind that by keeping your quadriceps strong, you also cut the risk of knee injury from strenuous fitness activities. Practice the Standing Hamstring Stretch and you're on your way to strong knees.



Standing Quadriceps Stretch

If you have trouble balancing on one foot, you can stand against a wall or rail for support while doing this exercise. It is important to stretch these muscles especially before walking, running, jumping, and climbing. Learn how this stretch is done in this section.



Prone Quadriceps Stretch

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Inner Thigh (adductor muscles) or Adduction Stretch

Our muscles do not work alone when we perform certain exercises. Our adductor muscles are working simultaneously with others while doing squats, leg presses, or lunges. Make sure that your adductor muscles are in their good condition everytime you perform stretching activities.



Outer Thigh (abductor muscles) or Abduction Stretch

Although the hip abductor muscles work with your other muscles when performing exercises such as squats and lunges, it would be really great if you choose to isolate them. Muscles in the leg such as the hip flexor are often neglected that's why it's important to stretch it.



Calf Stretch

One of the major benefits of stretching is that it increases your flexibility. Calf stretches that bend the knee of the calf being stretched focus on the soleus muscle. On the other hand, calf stretches that extend the knee focus on the gastrocnemius muscle.