

10 Minute Full Body Stretch Routine

Neck – Cervical Circles

Shoulders – Box Shoulder Stretch

Chest – Standing Pec Stretch

Back – Cobra Pose

Hip Flexors – Samson Stretch

Glutes – Pigeon Pose

Hamstrings – Dynamic Hamstring Stretch

Quads – Kneeling Quad Stretch

Calves – Standing Calf Stretch