

LOWER BODY *STRETCHES*

NO EQUIPMENT

Stretching your lower body increases your flexibility and your range of motion. Here are a few stretches to help prevent injury, stiff joints, and muscle soreness of the lower body:

Stop if you feel any pain while performing these exercises. If you have a history of any lower body surgery, injury, or serious pain, **discuss with your doctor before attempting these exercises.**

CALF STRETCHES



HIP ADDUCTOR



HAMSTRING



HIP FLEXOR



QUAD STRETCH



PIGEON POSE



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