Incorporating some stretching exercises into your workout schedule will help imbalances in the body increase your risk for injury because they can cause restriction in movement. This allows you to move more freely with a full range of motion (ROM).

This full body stretching routine, composed of yoga moves and other exercises, can help you to improve your body alignment to move and feel better. Below is the list of full body stretching exercises you can try at home:

1. Standing Hamstring Stretch
2. Quad Stretch
3. Hamstring Stretch
4. Thigh Stretch
5. Hip Stretch
6. Chest and Shoulder
7. Extended Puppy Stretch
8. Lying Hamstring Stretch
9. Ankle to Knee (i.e., Figure-4)
10. Lying Torso Twist
11. Downward Dog
12. Plank
13. Cobra

If you're more advanced, try stretches that target individual areas of your body. Steps.

**STATIC STRETCHES**

1. Child's pose: 30 seconds. Sit down on your heels and stretch your arms in front of you. Relax and feel the tension fading away.
2. Ab...
Lying on your back, extend your arms out to your sides. Bend your knees, and cross your right leg over your left. Slowly rotate your knees. It's important to listen to your body each day and take these stretches at your own pace. Don't be disheartened if you're not very flexible at first. With regular stretching, you'll improve your flexibility and mobility. Here are some stretching exercises to get you started:

1. **Triceps Stretch**
   - Bend your right elbow behind your head.

2. **Calf Stretch**
   - Complete: 3-5 sets x 30 seconds.

3. **Quadriceps Stretch**
   - Complete: 3-5 sets x 30 seconds.

4. **This calming stretching routine**
   - A great way to gently exercise and stretch your body without putting too much strain on your muscles.

Knowing the importance of stretching is not sufficient when practising yoga or starting a flexibility routine. In order to make your exercises comfortable and safe, you need to understand the correct technique and how to perform each stretch properly. Now, let's look at the 5 full-body stretches:

1. **Split Leg Hamstring Stretch**
   - A good lower back and hamstring stretch.
   - Start by standing with your feet farther apart.

2. **Camelback Sports Therapy**
   - A full-body stretching routine recommended to patients to help ease pain or tightness and recovery from any type of activity.

3. **Upper Body (~15 minutes)**
   - Follow stretches 1 through 14 in the image above.

4. **Neck Flexion/Extension Stretch**
5. **Neck Lateral Flexion Stretch**

Stretching is a vital part of your fitness routine. It helps to relieve tension throughout the body and makes you feel refreshed and energized. Wrapping up after a hard training session? Wait! A post-workout stretch may be the most important part of your routine. Let's explain why.

Fitness Blender's Free 3-Day Flexibility Challenge: Day 1 (Fluid Full Body Stretches for Flexibility & Stress Relief).

Camelback Sports Therapy has a full-body stretching routine it recommends to patients to help ease pain or tightness and recovery from any type of activity. Note: This routine is designed to be completed slowly and with proper form.