

## Short-Hold Static Stretches

You only need to do the stretches for the areas that feel uncomfortable. Hold each stretch 20-30 seconds.

- Flamingo:** (*For quadriceps*) Stand on one leg. Bend the other leg, grabbing that foot behind your tush. Your knees should be less than 6 inches apart.
- Warrior Pose:** (*For hip flexors*) Stand with your feet together. Step one foot forwards about 3 feet. Tuck your tush under (the opposite of arching your back and sticking your tush out) and then try to straighten your back leg. You should feel a slight pull in the front of your back leg. To deepen the stretch, raise your arms over your head. Unlike the yoga version of this stretch, the back foot should be pointed straight ahead.
- Forward Bend:** (*For hamstrings and back*) Bend forwards at the waist and reach towards your toes. To deepen the stretch, try to drop your belly button downwards.
- Walk the Dog:** (*For calves*) From forward bend position, place hands on ground and walk them forwards about 2.5-3 feet to “downward dog” position (hands, feet, and tush form a triangle). Push one heel towards the ground with your knee straight, while bending the other knee. Hold 5-10 seconds then switch.
- Cobra:** (*For core*) From downward dog position, drop your belly towards the ground so your back is arched.
- Butterfly:** (*For inner hips*) Sit on the ground with your feet together, knees open. If you cannot sit up relatively straight, push your feet further away from your body. Bend forwards at the waist.
- Knee Hugger:** (*For outer hips*) Sit on the ground with your legs straight out. Bend one knee up towards your chest, with the foot near the opposite hip, and give your bent leg a good hug with both arms.