

STRETCH

AT HOME

A FULL BODY STRETCH ROUTINE

Hold each stretch for 30–60 seconds. Breathe deeply. Move slowly.

MOVE BETTER. FEEL BETTER. EVERY DAY.

No equipment. Just you.

**NO GYM.
NO EXCUSES.
JUST YOU.** ♥



IMPROVE FLEXIBILITY

Increase your range of motion.



REDUCE TENSION

Release tight muscles and stress.



SUPPORT RECOVERY

Aid muscle recovery and prevent soreness.



BETTER POSTURE

Loosen tight areas and move with ease.

1 NECK STRETCH



Gently tilt your head to one side. Hold, then switch sides.

🕒 30 SEC EACH SIDE

2 SHOULDER STRETCH



Pull one arm across your body. Hold, then switch sides.

🕒 30 SEC EACH SIDE

3 CHEST OPENER



Clasp hands behind you and lift your chest. Hold and breathe.

🕒 30–60 SEC

4 LOW BACK STRETCH



Reach your arms forward and sink your chest down. Feel a gentle stretch.

🕒 30–60 SEC

5 CAT-COW



Inhale, drop your belly and lift your chest (cow). Exhale, round your back (cat). Repeat slowly.

🕒 6–8 BREATHS

6 HIP FLEXOR STRETCH



Step into a lunge and tilt your hips forward. Switch sides.

🕒 30 SEC EACH SIDE

7 HAMSTRING STRETCH



Sit tall and reach toward your foot. Keep your back straight.

🕒 30–60 SEC EACH SIDE

8 PIGEON STRETCH



Open up your hips and release tension. Switch sides.

🕒 30–60 SEC EACH SIDE

9 SEATED TWIST



Sit tall and gently twist to one side. Hold, then switch sides.

🕒 30 SEC EACH SIDE



MAKE IT A HABIT

Consistency is the key to feeling your best.

☑ BREATHE DEEPLY

Inhale through your nose, exhale through your mouth.

☑ MOVE SLOWLY

Never rush. Give your body time to relax and open up.

☑ STAY CONSISTENT

Stretch daily and you'll feel the difference.

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PERSONAL TRAINER
FITNESS NUTRITION SPECIALIST

YOU DON'T NEED EQUIPMENT.
YOU JUST NEED INTENTION.

YOU GOT THIS. ♥