

# Home Rehab - Full Body Opening Stretches

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17 min · Abs, Arms, Back, Legs, Shoulders

Take it easy, stretch out those muscles, and finish up with a nice cup of tea. Remember, recovery is just as important as training!

## Straight-Leg Calf Stretch



2 sets 60 secs

60 seconds per leg. Make sure the stretch runs all the way up your calf.

## Hamstring Stretch



no  
rest

2 sets 60 secs

60 seconds per leg. Aim to bring your chest down to your leg.

## Standing Quadricep Stretch



no  
rest

2 sets 60 secs

60 seconds per leg

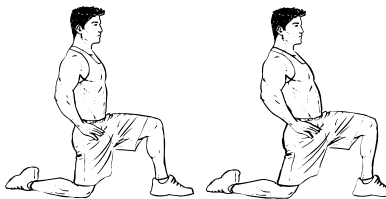
## Butterfly Stretch



60 secs

Bring your ankles in further for more of a groin stretch.

## Kneeling Hip Flexor Stretch



no  
rest

2 sets 60 secs

60 seconds per leg. If possible, add a slight twist towards your forward leg.

## Gluteal Stretch

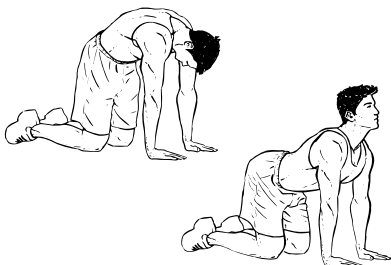


no  
rest

2 sets 60 secs

60 seconds per leg.

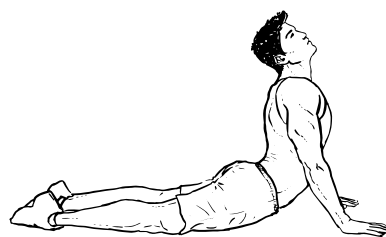
## Backward Camel Stretch



60 secs

Alternate every 15 seconds holding a solid stretch.

## Cobra Abdominal Stretch



no  
rest

60 secs

If you're not feeling enough of a stretch, place your hands further down.

## Overhead Triceps Stretch



no  
rest

2 sets 60 secs

60 seconds per arm.

## Shoulder Stretch



**60** secs

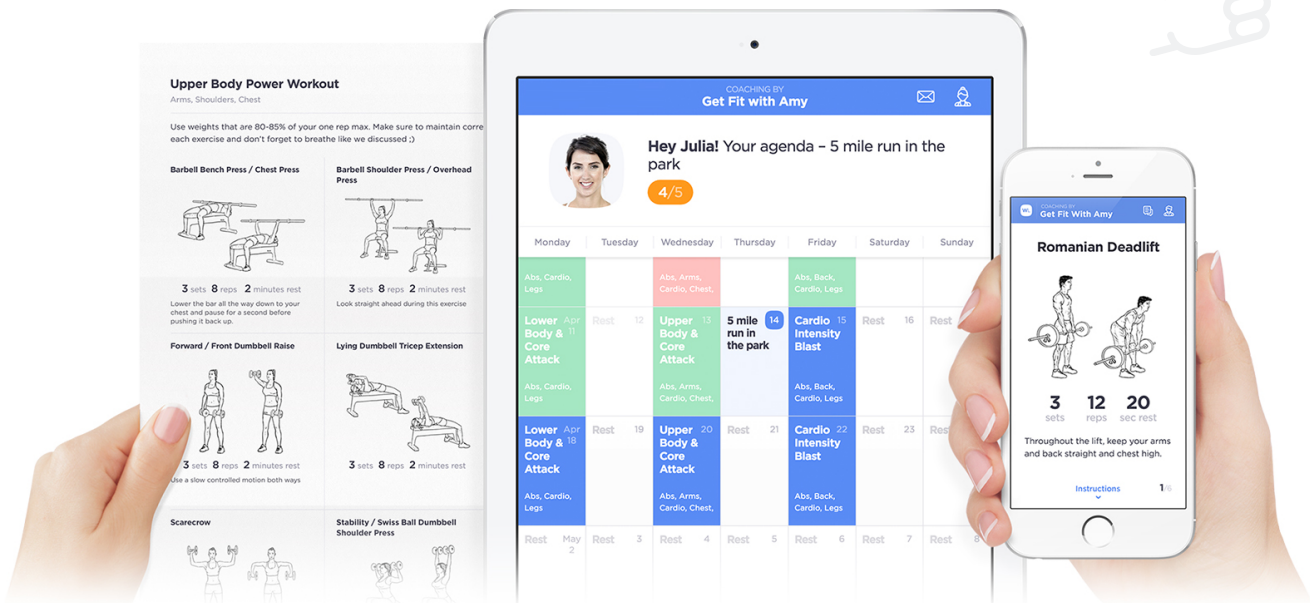
60 seconds per arm. Then you're all done!

# Mustard Fitness

Stacey Quick · Global



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