



My First Stretch Workout



As simple as stretching seems, it can be still be confusing and intimidating at first. How do I get started? Which stretches do I choose? How long will it take? What should I be feeling? This short, friendly workout is intended to give you an easy yet effective stretch sampler, both to answer all of these questions AND give you a taste of what we mean when we say, "Stretching feels GOOD!" You can continue with this routine indefinitely, or take your fitness to the next level through additional stretch workouts at TheFlexibilityCoach.com.

Notes:

- Please check with your doctor before beginning this or any other stretching or exercise routine.
- Warm up before performing these stretches. For example, walk up and down your stairs a couple of times, or spend 2-3 minutes walking in place.
- Avoid any position that causes pain. If you feel any pain, stop immediately.
- Work slowly, and try to clear your mind so that you can focus all of your attention on getting the most out of the stretch.
- Avoid holding your breath. Instead, take nice, deep breaths as you stretch, concentrating on relaxing tight muscles with each exhale.
- For "non-movement" stretches, try to hold each stretch for at least 30 seconds. For extremely tight muscles, consider repeating a stretch 2-3 times.
- For "movement" stretches, aim for 4-8 slow, repetitions.
- If possible, stretch daily; if not, try for at least 3 times per week (example: Tuesday, Friday, Sunday). Write it in your calendar to remind yourself.

Standing Overhead Reaches with Deep Breaths

Start here Inhale while lifting arms Exhale while lowering arms

Shoulder Shrugs

Start here Inhale here Exhale here

Doorframe Chest/Arm Stretch

Wall Side Stretch

Wall Hamstring & Chest Stretch

Wall Standing Twist (for the back)

Heel + Ball-of-Foot Raises, hands resting on chair

Chair Side Stretch

Towel Seated Hamstring Stretch

Seated Twist

Bridge

Supine 2-Knee to Chest

Supine Diamond

Supine Knee to Chest, with Ankle Circles

Full Body Stretch

Evamarie's NEW Stretching Workout Book

Click the video screen to play.

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Did you enjoy this great stretch workout and audio?

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- Stretch Workouts for Specific Parts of the Body**
 - Stretches for Tight Calf Muscles
 - Stretches for Tight Hamstrings
 - Stretches for Tight Hips
 - Stretches & Exercises for a Healthy Low Back, Level 1
 - Stretches & Exercises for a Healthy Low Back, Level 2
 - Stretches & Exercises for a Healthy Low Back, Level 3
 - Stretches & Exercises for a Healthy Low Back, Level 4
 - Stretches to Alleviate Neck Tension
 - Stretches and Exercises for Healthy Knees, Level 1
 - Stretches and Exercises for Healthy Knees, Level 2
 - Stretches for Healthy Shoulders, Workout 1
 - Stretches for Healthy Shoulders, Workout 2
 - Stretches for Healthy Shoulders, Workout 3
- Sport and Fitness Stretches**
 - Stretches for Runners, General Flexibility
 - Stretches for Runners: Day After a Race
 - Stretches for Runners: 3 Short Routines
 - Stretches for Golfers: General Flexibility
 - Stretches for Golfers: Pre-game Warm-up
 - Stretches for Skiers
 - Stretches for Snowboarders
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 - Stretches for Tennis Players
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 - Stretches for Walk-to-Run Programs
 - Stretches for Cheerleaders: Master the Heel Stretch
 - Stretches for the Splits
 - Stretches for Surfers
 - Stretches for the Gym
 - 10-minute "Quickie" Stretch for After a Walk
 - 25-minute Post-Walk "Stretch and Tone" Workout
 - Stretches for During a Walk
- Yoga Routines**
 - Stretches for Yoga Lovers
 - Stretches for In Between Yoga Classes
 - Also available: 7 instant-watch Yoga VIDEOS

- Office-based Stretch Workouts**
 - 5-minute Coffee-Break Stretches: Monday
 - 5-minute Coffee-Break Stretches: Tuesday
 - 5-minute Coffee-Break Stretches: Wednesday
 - 5-minute Coffee-Break Stretches: Thursday
 - 5-minute Coffee-Break Stretches: Friday
 - 5-minute "Emergency Stress Buster" Stretches
 - Coffee-Break Stretches: All 6 as One Workout
 - Stretches for the Office: Workout 1
 - Stretches for the Office: Workout 2
 - Stretches for the Office: Workout 3
 - Stretches for the Office: Workout 4
- Specialty Stretch Workouts**
 - Stretches for Gardening and Yard Work
 - Stretches for Anti-Aging
 - Stretches for a Good Night's Sleep
 - Stretches for Stress Release
 - Gentle Stretches for Extreme Beginners
 - Stretches for Shoveling Snow
 - Stretches for High-Heel Wearers
 - Stretches for "Couch Potatoes"
- Holiday Stretch Workouts**
 - The "12 Stretches of Christmas": long version
 - The "12 Stretches of Christmas": short version
- Bed-based Stretches**
 - Morning Bed-based Stretches: Routine 1
 - Morning Bed-based Stretches: Routine 2
- Stairway Stretches....**
 -After a Long Day at Work
 -For Legs and Hips
 -and Exercises for Legs, Glutes and Abs
 -For a Strong and Flexible Upper Body
 -For a Healthy Low Back, Workout 1
 -For a Healthy Low Back, Workout 2
 -For a Healthy Low Back, Workout 3
 -for a Multi-purpose Warm-up
 -for an Instant "Pick Me Up"
- Travel-friendly Stretch Workouts:**
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