



GET STRETCHY

Quadricep & Hip Flexor Stretch

Reverse the negative effects of sitting.

Prepare yourself for the ultimate quadricep and hip flexor stretches ever! Tight quads and hips lead to other pains in the body, like a tight lower back and stiff knees. Relieve tightness in these areas and get rid of those lingering aches and pains, for good! Plus this will help you achieve your splits!

~~Stretches~~ Stretches: Opener

- Butterfly
- Lizard Stretch
- Lunging Quad Twist
- Belly Down Thigh Press
- Thighs Up the Wall
- Meditation

Take Action!

Any new sensations in your body from today's stretches? Write them down.

Check in! @GetStretchy #GetStretchy

