Full Body Stretching Workout for Beginners

Twenty quiet minutes of stretches from the calves to the shoulders, standing first and then on the floor, for a rest day or after sitting long.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Mobility	Full body	Beginner	20 min	None

WARM UP

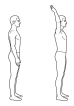
Once through, at an easy pace

Marching In Place



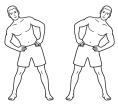
60 s

Arm Circles



30 s

Hip Circle



6 reps
each side

Cat-Cow Spine Stretch

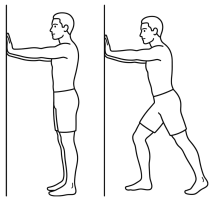


6 reps

MAIN

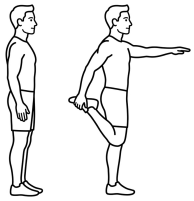
All sets of a move, then the next

1 Standing Calf Stretch



30 s
each side

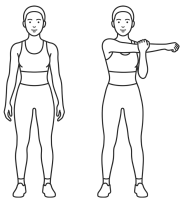
2 Standing Quad Stretch



30 s
each side

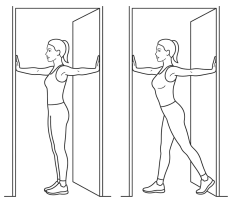
Hold a wall or chair

3 Cross-Body Shoulder Stretch



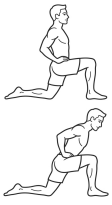
30 s
each side

4 Doorway Chest Stretch



45 s

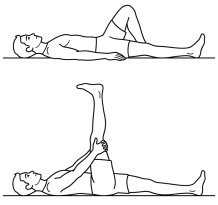
5 Kneeling Hip Flexor Stretch



45 s
each side

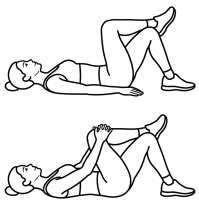
A cushion under the knee

6 Lying Hamstring Stretch



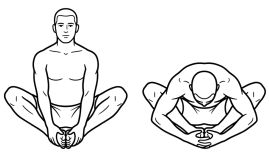
45 s
each side

7 Figure-4 Glute Stretch



45 s
each side

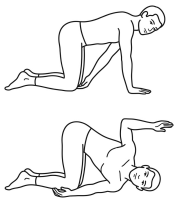
8 Butterfly Stretch



45 s

Sit tall first, fold only as far as is easy

9 Thread the Needle Pose



30 s
each side

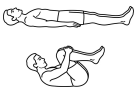
COOL DOWN Once through, at an easy pace

Child's Pose



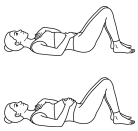
60 s

Lower-Back Knees-to-Chest Stretch



45 s

Diaphragmatic Breathing



60 s