

Chay Jones

Here Is Your Workout

These total body sessions contain stretches that target all the major muscle groups of the body.

Performing them regularly can help you improve your flexibility and increase your range of motion.

Equipment: Bodyweight

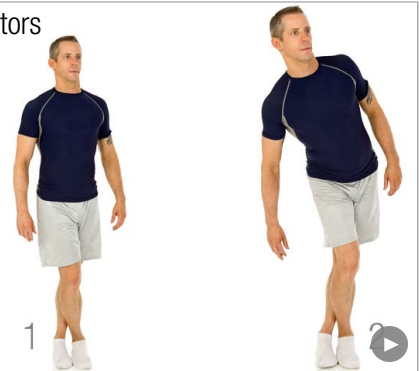
Calves Stretch



- Stand upright with your toes of one foot on a step or elevated against a wall or block.
- 1 - Lean your weight forward, dropping your heel and pushing into your foot.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Abductors Stretch



- Stand upright with your feet close together and your hands by your sides.
- 1 - Step one foot across the other, crossing at the ankles.
- 2 - Lean your weight into your back hip and your upper body to the opposite side.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

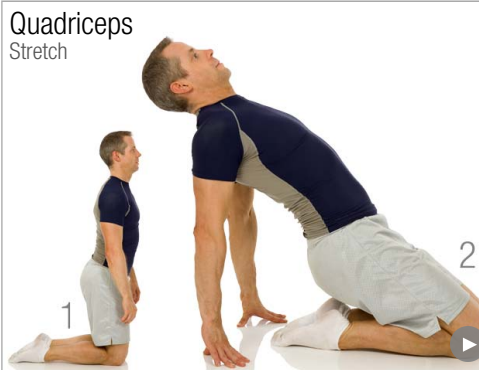
Hip Flexors Stretch



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
- 2 - Lean your weight into your front foot and raise your back leg, hold at the ankle and draw your heel toward your buttocks.
- Keep the front foot flat throughout.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Quadriceps Stretch



- 1 - Kneel on the floor with your legs and feet together.
- 2 - Lean backwards, lowering your buttocks to your heels and placing your hands on the floor.
- Use your arms to take your weight so as not to place too much stress on the knees.

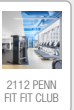
#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Single Leg Stretch

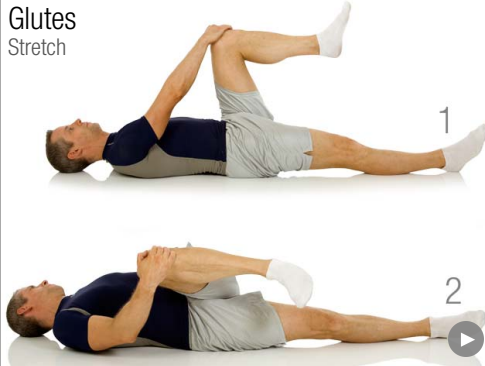


- 1 • Lie on your back with your legs straight out in front.
- 1 - Bring one knee to your chest, placing your hands on your shin, gently pulling your knee in further and lengthen the other leg straight up at 45 degrees.
- 2 - Switch legs and hands, pulling the other knee in.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



Glutes Stretch



- Lie on your back with both legs straight.
- 1 - Raise one leg up, bending at the knee and place your opposite hand on it.
- 2 - Gently pull your bent leg across the other leg and down towards the floor.
- Keep both shoulders on the floor throughout.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Hamstrings Stretch



- Lie on your back with both legs straight out.
- 1 - Raise one leg up straight.
- 2 - Grasp behind the knee or ankle and gently pull the leg towards your head.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Back Stretch



- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Lats Stretch



- 1 - Stand upright with your arms straight overhead, hands clasped.
 - 2 - Lean to one side, gently pulling your arms laterally.
- Return upright and repeat on the opposite side.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Triceps Stretch



- 1 - Hold the ends small towel behind your back with one hand at your head and one in your lower back, elbows bent.
 - 2 - Gently pull the towel down, drawing your top hand towards your upper back.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	

Neck Stretch



- 1 - Stand or sit upright, placing one hand on the opposite side of your head, elbow bent.
 - 2 - Gently pull your head down sideways toward your shoulder.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			10.0	
2			10.0	
3			10.0	