

# STRETCHING

## CHEATSHEET



**Neck Stretches**  
Sternocleidomastoid, trapezius, levator scapulae & scalene



**Basic Upper Back Stretch**  
Trapezius & rhomboids



**Biceps Stretch**



**Tricep Stretch**



**Cross Over Stretch**  
Trapezius, rhomboids & latissimus dorsi



**Parallel Shoulder Stretch**  
Trapezius, posterior deltoids & latissimus dorsi



**Wrist Flexor Stretch**  
Flexor carpi radialis & ulnaris

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**Wrist Extensor Stretch**  
Extensor carpi radialis brevis,  
longus, ulnaris & digitorum



**Basic Chest Stretch**  
Pectoralis  
major and  
minor plus  
anterior deltoid



**Overhead Chest Stretch**  
Pectoralis major and minor  
plus anterior deltoids



**Bent Arm Wall Chest Stretch**  
Pectoralis major and  
minor plus anterior  
deltoid



**Parallel Arm Wall Chest Stretch**  
Pectoralis major and  
minor plus anterior  
deltoid



**Floor Based Chest Stretches**  
Pectoralis major and minor plus anterior deltoid



**Elbow Stomach Stretch**  
Transversus abdominis  
& rectus abdominis



**Lower Back/Child's Pose**  
Latissimus dorsi,  
serratus anterior,  
trapezius, quadratus  
lumborum & posterior  
deltoid



**Adapted Child's Pose**  
Targeting more of  
obliques

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**Back Arch Stretch**  
Erector spinae,  
latissimus dorsi,  
trapezius, multifidus &  
posterior deltoids



**Gluteus maximus,  
transversus abdominis  
& rectus abdominis**



**Trapezius, levator  
scapulae, rhomboids &  
pectoralis minor**



**Side Stretch**  
Latissimus dorsi



**Back Rotation Stretch**  
Erector spinae,  
pectoralis major,  
internal & external  
oblique



**Spinal Twists**  
Quadratus lumborum, external & internal obliques



**Chair Back Arch Stretch**



**Chair Spinal Twist**



**Chair Side Stretch**



**Knees to Chest**  
Gluteus maximus



**Knee Roll Stretch**  
Erector spinae, multifidus, gluteus  
maximus, medius & minimus

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**Lying Hamstring Stretch**  
Semimembranosus, semitendinosus & biceps femoris



**Seated Hamstring Stretch**  
Semimembranosus, semitendinosus, biceps femoris & gastrocnemius



**Single Leg Hamstring Stretch**  
Semimembranosus, semitendinosus & biceps femoris



**Figure of 4 Stretch**  
Piriformis, deeper lateral hip rotators & gluteus maximus



**Seated Knee to Chest Stretch**  
Gluteus maximus, semimembranosus, semitendinosus & biceps femoris



**Pigeon Stretch**  
Piriformis, deeper lateral hip rotators & gluteus maximus



**Seated Quadricep Stretch**  
Rectus femoris, vastus medialis, lateralis & intermedius



**Side Lying Quadricep Stretch**  
Rectus femoris, vastus medialis, lateralis, intermedius, iliacus & psoas major



**Front Lying Quadricep Stretch**  
Rectus femoris, vastus medialis, lateralis, intermedius, iliacus & psoas major



**Kneeling Hip Flexor Stretch**  
Iliacus, psoas major & minor



**High Lunge Hip Flexor Stretch**  
Iliacus, psoas major & minor

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Standing Hip Flexor  
Stretch  
Iliacus



Floor Calf Stretch  
Gastrocnemius



Standing Calf Stretch  
Gastrocnemius



Lower Calf Stretch  
Soleus



Feet Together  
Adductor Stretch  
Adductor longus,  
brevis & magnus



Sitting Wide Leg Stretch  
Adductor longus, brevis,  
magnus & gracilis



Kneeling Leg Out  
Adductor Stretch  
Adductor longus, brevis &  
magnus



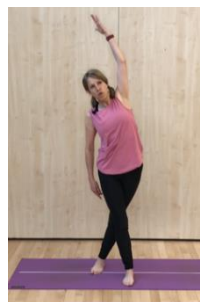
Lower Kneeling  
Adductor Stretch  
Adductor longus,  
brevis & magnus



Standing Lateral  
Adductor Stretch  
Adductor longus, brevis  
& mag nus



Wide Squat Adductor  
Stretch  
Adductor longus, brevis &  
magnus



Standing Abductor  
Stretch/IT Band  
Tensor fasciae latae,  
gluteus medius &  
minimus



Standing Quadricep  
Stretch  
Rectus femoris, vastus  
medialis, lateralis &  
intermedius

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**Standing Hamstring Stretch**  
Semimembranosus,  
semitendinosus & biceps femoris



**Standing Piriformis Stretch**

### Chair Based Stretches



**Seated Hamstring**



**Seated Gluteus Maximus**



**Seated Hip Flexor Stretch**



**Seated Quadriceps Stretch**



**Seated Piriformis Stretch**