

Stretching Chart



Lateral Flexors
Lats and obliques



Pectorals



Hamstrings
Calf (gastrocnemius)



Plantar Fascia
Calf (soleus and gastrocnemius)



Quadriceps



Knee Extensors



Upper Trapezius
(back)



Shin
(Tibialis Anterior)



Calf (soleus)



Hamstrings
Hip Abductors



Hip Extensors (Gluteal)
Knee Extensors/Quadriceps



Back
(Latissimus Dorsi)



Calf (gastrocnemius)
Soleus



Adductors



Hip Adductors



Hamstrings



Abdominals
and back



Piriformis
Gluteal



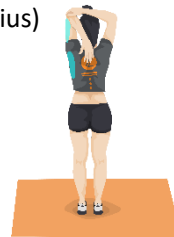
Gluteal
*Medial hip rotators
Piriformus*



Abdominals



Abdominals
Lower back



Triceps
Latissimus dorsi



Hip Flexors

