

Post-Workout Leg Stretch Checklist

Hamstring Stretches

- Seated Forward Fold
- Standing Hamstring Stretch
- Lying Hamstring Stretch with Band
- Wall Hamstring Stretch
- Single Leg Stretch
- Toe Touch Hold
- Reclined Big Toe Stretch
- Supine Leg Stretch
- Runner's Hamstring Stretch
- Elevated Hamstring Stretch

Quad Stretches

- Standing Quad Stretch
- Side-Lying Quad Stretch
- Couch Stretch
- Wall Quad Stretch
- Frog Pose Quad Stretch
- Pigeon with Quad Grab
- Lunge with Quad Reach
- Standing Hip Flexor and Quad Stretch

Glute Stretches

- Seated Figure Four Stretch
- Supine Figure Four Stretch
- Pigeon Pose
- Seated Twist

- Standing Figure Four
- Wall-Assisted Glute Stretch
- Glute Bridge Stretch

Calf Stretches

- Wall Calf Stretch
- Downward Dog
- Seated Calf Stretch with Band
- Step Calf Stretch
- Incline Calf Stretch
- Heel Drop
- Runner's Wall Calf Stretch

Inner Thigh and Hip Stretches

- Butterfly Stretch
- Side Lunge Stretch
- Frog Stretch
- Seated Wide-Legged Forward Fold
- Sumo Squat Hold
- Deep Yogic Squat

Hip Flexor and IT Band Stretches

- Kneeling Hip Flexor Stretch
- Lizard Pose
- Standing IT Band Stretch
- Seated IT Band Stretch
- Supine IT Band Stretch
- Thread-the-Needle
- 90/90 Stretch