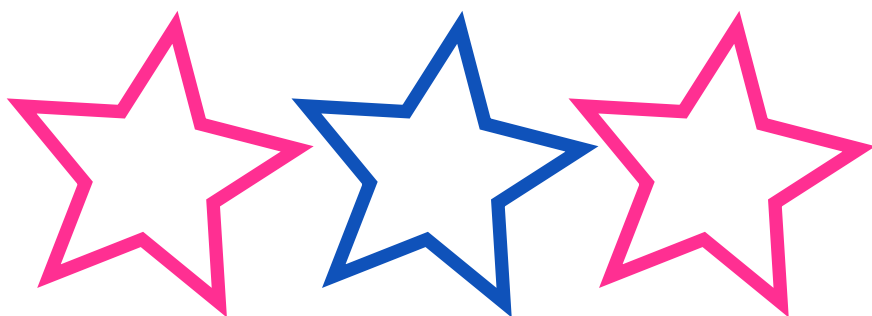


Post Workout Stretches

Remember to take slow, deep breaths as you ease into each stretch. Move gradually into the stretch, respecting your body's limits, and never push into positions that cause discomfort or pain. Consider using yoga straps and blocks to assist in your stretching routine. Aim to maintain each stretch for a minimum of 15 seconds, and if you have the time, prolong the holds to 30 seconds or even up to 1 minute for a more profound stretch. Repeat each stretch three times, but always listen to your body and stop if you experience any pain. Incorporating stretching into your post-workout routine can help prevent muscle tightness and reduce the risk of injuries.

Swimming	Cycling	Running	Strength Training
Neck Stretch	Neck Stretch	Standing or Seated Quadriceps Stretch	Standing or Seated Quadriceps Stretch
Shoulder Stretch	Shoulder Stretch	Hamstring Stretch	Hamstring Stretch
Triceps Stretch	Triceps Stretch	Standing or Seated Calf Stretch	Standing or Seated Calf Stretch
Chest Opener Stretch	Chest Opener Stretch	Standing or Seated Hip Flexor Stretch	Standing or Seated Hip Flexor Stretch
Standing or Seated Quadriceps Stretch	Standing or Seated Quadriceps Stretch	Glute Stretch	Glute Stretch
Hamstring Stretch		Lower Back Stretch	Lower Back Stretch
Groin Stretch	Hamstring Stretch	Standing or Seated IT Band Stretch	Triceps Stretch
Standing or Seated Calf Stretch	Standing or Seated Calf Stretch	Standing or Seated Achilles Tendon Stretch	Chest Opener Stretch
Standing or Seated Hip Flexor Stretch	Standing or Seated Hip Flexor Stretch	Ankle Circles	Wrist Flexor and Extensor Stretch
Standing or Seated Hip Flexor Stretch		Seated Forward Bend	Neck Stretch
Child's Pose			Seated Forward Bend
Lower Back Stretch			



Swimming

- **Neck Stretch**
 - Gently tilt your head to one side, bringing your ear toward your shoulder.
 - Hold for 15-30 seconds on each side.
 - Repeat on the other side.
- **Shoulder Stretch**
 - Extend one arm across your chest.
 - Use your opposite hand to gently pull your arm closer to your chest.
 - Repeat on the other side.
- **Triceps Stretch**
 - Raise one arm overhead and bend your elbow, bringing your hand down your back.
 - Use your opposite hand to gently push on your bent elbow.
 - Repeat on the other side.
- **Chest Opener Stretch:**
 - Clasp your hands behind your back and straighten your arms.
 - Lift your arms slightly and open up your chest.
 - Repeat on the other side.
- **Standing Quadriceps Stretch**
 - Stand on one leg and grab your ankle with your hand from behind.
 - Pull your heel towards your buttocks, feeling a stretch in your quadriceps.
 - Repeat on the other side.
- **Seated Quadriceps Stretch (Alternative to standing quadriceps stretch)**
 - Sit down on a comfortable, flat surface, such as a yoga mat or the floor. Make sure it's a surface that provides enough space for you to stretch your legs comfortably.
 - Begin by sitting with your back straight and your legs extended in front of you. Keep your feet together and toes pointing upward.
 - Choose one leg to start with. Bend the knee of that leg and bring your heel towards your buttocks.
 - Reach back with the hand on the same side as the bent leg and grasp your ankle or the top of your foot. If you have difficulty reaching your ankle, you can use a towel or a yoga strap to assist you. Loop it around your ankle and hold onto the ends.
 - As you hold onto your ankle, keep your back straight and chest lifted. This will help you get a better stretch.
 - Use your hand to pull your heel closer to your buttocks while keeping your knee pointing downward. You should feel a stretch along the front of your thigh.
 - Repeat on the other side.
- **Hamstring Stretch**
 - Sit on the ground with one leg extended and the other leg bent so the sole of your foot touches the inner thigh of your extended leg.
 - Reach for your extended foot, keeping your back straight.
 - Repeat on the other side.
- **Groin Stretch**
 - Sit on the ground with your feet together and your knees bent outward.
 - Gently press your knees toward the ground using your elbows.

- Hold for 15-30 seconds.
- **Standing Calf Stretch**
 - Stand facing a wall with one foot forward and one foot back.
 - Lean into the wall, keeping your back leg straight and your heel on the ground.
 - Repeat on the other side.
- **Seated Calf Stretch (Alternative to standing calf stretch)**
 - Find a sturdy, comfortable chair or a flat surface where you can sit down. Make sure your feet can rest flat on the floor.
 - Sit with your back straight and your shoulders relaxed. Keep your feet flat on the ground, hip-width apart.
 - Choose one leg to start with. Extend that leg straight out in front of you, keeping your heel on the floor and your toes pointing upward.
 - Point your toes upward as far as you can, and then flex your ankle so that your toes are pointing back toward your body. This action will engage your calf muscles.
 - While keeping your back straight and your extended leg's toes pointing back, gently reach toward your toes with your hands. You can bend at your hips slightly to reach forward.
 - Repeat on the other side.
- **Hip Flexor Stretch**
 - Kneel on one knee and step your other foot forward.
 - Push your hips forward while keeping your back straight.
 - Repeat on the other side.
- **Seated Hip Flexor Stretch (Alternative to kneeling Hip Flexor Stretch)**
 - Start by sitting on a sturdy, flat surface, such as a chair or bench, with your feet flat on the ground and knees bent at a 90-degree angle.
 - Ensure that your back is straight, and your shoulders are relaxed. Keep your feet hip-width apart.
 - Slide your right foot back behind you, so your toes are pointing straight back. Keep your right knee on the ground or cushion if needed.
 - Make sure your hips are facing forward. You can use your hands on your hips to help align them if necessary.
 - lean your upper body forward while keeping your back straight. You should feel a gentle stretch along the front of your left hip, where the hip flexors are located.
 - Repeat on the other side.
- **Child's Pose**
 - Kneel on the ground and sit back on your heels.
 - Extend your arms forward and lower your chest toward the ground.
- **Lower Back Stretch**
 - Lie on your back and hug your knees to your chest.
 - Rock gently from side to side to massage your lower back.

Cycling

- **Neck Stretch**
 - Gently tilt your head to one side, bringing your ear toward your shoulder.
 - Hold for 15-30 seconds on each side.
 - Repeat on the other side.
- **Shoulder Stretch**
 - Extend one arm across your chest.
 - Use your opposite hand to gently pull your arm closer to your chest.
 - Repeat on the other side.
- **Triceps Stretch**
 - Raise one arm overhead and bend your elbow, bringing your hand down your back.
 - Use your opposite hand to gently push on your bent elbow.
 - Repeat on the other side.
- **Chest Opener Stretch:**
 - Clasp your hands behind your back and straighten your arms.
 - Lift your arms slightly and open up your chest.
 - Repeat on the other side.
- **Quadriceps Stretch**
 - Stand on one leg and grab your ankle with your hand from behind.
 - Pull your heel towards your buttocks, feeling a stretch in your quadriceps.
 - Repeat on the other side.
- **Seated Quadriceps Stretch (Alternative to standing quadriceps stretch)**
 - Sit down on a comfortable, flat surface, such as a yoga mat or the floor. Make sure it's a surface that provides enough space for you to stretch your legs comfortably.
 - Begin by sitting with your back straight and your legs extended in front of you. Keep your feet together and toes pointing upward.
 - Choose one leg to start with. Bend the knee of that leg and bring your heel towards your buttocks.
 - Reach back with the hand on the same side as the bent leg and grasp your ankle or the top of your foot. If you have difficulty reaching your ankle, you can use a towel or a yoga strap to assist you. Loop it around your ankle and hold onto the ends.
 - As you hold onto your ankle, keep your back straight and chest lifted. This will help you get a better stretch.
 - Use your hand to pull your heel closer to your buttocks while keeping your knee pointing downward. You should feel a stretch along the front of your thigh.
 - Repeat on the other side.
- **Hamstring Stretch**
 - Sit on the ground with one leg extended and the other leg bent so the sole of your foot touches the inner thigh of your extended leg.
 - Reach for your extended foot, keeping your back straight.
 - Repeat on the other side.
- **Calf Stretch**
 - Stand facing a wall with one foot forward and one foot back.

- Lean into the wall, keeping your back leg straight and your heel on the ground.
- Repeat on the other side.
- **Seated Calf Stretch (Alternative to standing calf stretch)**
 - Find a sturdy, comfortable chair or a flat surface where you can sit down. Make sure your feet can rest flat on the floor.
 - Sit with your back straight and your shoulders relaxed. Keep your feet flat on the ground, hip-width apart.
 - Choose one leg to start with. Extend that leg straight out in front of you, keeping your heel on the floor and your toes pointing upward.
 - Point your toes upward as far as you can, and then flex your ankle so that your toes are pointing back toward your body. This action will engage your calf muscles.
 - While keeping your back straight and your extended leg's toes pointing back, gently reach toward your toes with your hands. You can bend at your hips slightly to reach forward.
 - Repeat on the other side.
- **Hip Flexor Stretch**
 - Kneel on one knee and step your other foot forward.
 - Push your hips forward while keeping your back straight.
 - Repeat on the other side
- **Seated Hip Flexor Stretch (Alternative to kneeling Hip Flexor Stretch)**
 - Start by sitting on a sturdy, flat surface, such as a chair or bench, with your feet flat on the ground and knees bent at a 90-degree angle.
 - Ensure that your back is straight, and your shoulders are relaxed. Keep your feet hip-width apart.
 - Slide your right foot back behind you, so your toes are pointing straight back. Keep your right knee on the ground or cushion if needed.
 - Make sure your hips are facing forward. You can use your hands on your hips to help align them if necessary.
 - lean your upper body forward while keeping your back straight. You should feel a gentle stretch along the front of your left hip, where the hip flexors are located.
 - Repeat on the other side.
- **Glute Stretch**
 - Lie on your back with both knees bent.
 - Cross one ankle over the opposite knee.
 - Reach behind your thigh and pull your knee toward your chest.
 - Repeat on the other side.
- **Lower Back Stretch**
 - Lie on your back and hug your knees to your chest.
 - Rock gently from side to side to massage your lower back.
- **Standing IT Band Stretch**
 - Stand with your feet together.
 - Cross your right leg behind your left leg.
 - Lean to your left side, reaching your right arm over your head.
 - Repeat on the other side.
- **Seated IT Band Stretch (Alternative to Standing IT Band Stretch)**

- Start by sitting on a stable, flat surface, such as a chair or bench. Keep your feet flat on the floor with your knees bent at a 90-degree angle.
- Maintain good posture by sitting up straight, keeping your shoulders relaxed, and your feet hip-width apart.
- Lift your right foot off the floor and cross your right ankle over your left knee, forming a figure-four shape with your legs.
- Flex your right ankle, so your toes are pointing back toward your shin. This helps engage the muscles around the IT band.
- Place your right hand on your right knee and apply gentle pressure to push it downward. You should feel a stretch along the outside of your right thigh and hip, targeting the IT band.
- Repeat on other side.
- **Standing Achilles Tendon Stretch**
 - Stand facing a wall with one foot forward and one foot back.
 - Place your hands on the wall and lean forward, keeping your back leg straight.
 - Repeat on the other side.
- **Seated Achilles Tendon Stretch (Alternative to Standing Achilles Tendon Stretch)**
 - Begin by sitting on a stable, flat surface, such as a chair or bench, with your feet flat on the ground and knees bent at a 90-degree angle.
 - Maintain good posture by sitting up straight, keeping your shoulders relaxed, and your feet hip-width apart.
 - Extend that leg straight out in front of you, keeping your heel on the ground and your toes pointing upward.
 - Point your toes upward as far as you can and then flex your right ankle so that your toes are pointing back toward your body. This action will engage your Achilles tendon and calf muscles.
 - While keeping your back straight and your right foot flexed, gently reach toward your right toes with both hands. You can bend at your hips slightly to reach forward.
 - You should feel a stretch along your right calf and Achilles tendon as you reach toward your toes.
- **Ankle Circles**
 - Sit on the ground with your legs extended.
 - Lift one leg off the ground and rotate your ankle in circles in both directions.
 - Repeat on the other side
- **Seated Forward Bend**
 - Sit on the ground with your legs extended.
 - Reach forward toward your toes, keeping your back straight.

Running

- **Quadriceps Stretch**
 - Stand on one leg and grab your ankle with your hand from behind.
 - Pull your heel towards your buttocks, feeling a stretch in your quadriceps.
 - Repeat on the other side.
- **Seated Quadriceps Stretch (Alternative to standing quadriceps stretch)**
 - Sit down on a comfortable, flat surface, such as a yoga mat or the floor. Make sure it's a surface that provides enough space for you to stretch your legs comfortably.
 - Begin by sitting with your back straight and your legs extended in front of you. Keep your feet together and toes pointing upward.
 - Choose one leg to start with. Bend the knee of that leg and bring your heel towards your buttocks.
 - Reach back with the hand on the same side as the bent leg and grasp your ankle or the top of your foot. If you have difficulty reaching your ankle, you can use a towel or a yoga strap to assist you. Loop it around your ankle and hold onto the ends.
 - As you hold onto your ankle, keep your back straight and chest lifted. This will help you get a better stretch.
 - Use your hand to pull your heel closer to your buttocks while keeping your knee pointing downward. You should feel a stretch along the front of your thigh.
 - Repeat on the other side.
- **Hamstring Stretch**
 - Sit on the ground with one leg extended and the other leg bent so the sole of your foot touches the inner thigh of your extended leg.
 - Reach for your extended foot, keeping your back straight.
 - Repeat on the other side.
- **Calf Stretch**
 - Stand facing a wall with one foot forward and one foot back.
 - Lean into the wall, keeping your back leg straight and your heel on the ground.
 - Repeat on the other side.
- **Seated Calf Stretch (Alternative to standing calf stretch)**
 - Find a sturdy, comfortable chair or a flat surface where you can sit down. Make sure your feet can rest flat on the floor.
 - Sit with your back straight and your shoulders relaxed. Keep your feet flat on the ground, hip-width apart.
 - Choose one leg to start with. Extend that leg straight out in front of you, keeping your heel on the floor and your toes pointing upward.
 - Point your toes upward as far as you can, and then flex your ankle so that your toes are pointing back toward your body. This action will engage your calf muscles.
 - While keeping your back straight and your extended leg's toes pointing back, gently reach toward your toes with your hands. You can bend at your hips slightly to reach forward.
 - Repeat on the other side.
- **Hip Flexor Stretch**
 - Kneel on one knee and step your other foot forward.

- Push your hips forward while keeping your back straight.
- Repeat on the other side
- **Seated Hip Flexor Stretch (Alternative to kneeling Hip Flexor Stretch)**
 - Start by sitting on a sturdy, flat surface, such as a chair or bench, with your feet flat on the ground and knees bent at a 90-degree angle.
 - Ensure that your back is straight, and your shoulders are relaxed. Keep your feet hip-width apart.
 - Slide your right foot back behind you, so your toes are pointing straight back. Keep your right knee on the ground or cushion if needed.
 - Make sure your hips are facing forward. You can use your hands on your hips to help align them if necessary.
 - lean your upper body forward while keeping your back straight. You should feel a gentle stretch along the front of your left hip, where the hip flexors are located.
 - Repeat on the other side.
- **Glute Stretch**
 - Lie on your back with both knees bent.
 - Cross one ankle over the opposite knee.
 - Reach behind your thigh and pull your knee toward your chest.
 - Repeat on the other side.
- **Lower Back Stretch**
 - Lie on your back and hug your knees to your chest.
 - Rock gently from side to side to massage your lower back.
- **Standing IT Band Stretch**
 - Stand with your feet together.
 - Cross your right leg behind your left leg.
 - Lean to your left side, reaching your right arm over your head.
 - Repeat on the other side.
- **Seated IT Band Stretch (Alternative to Standing IT Band Stretch)**
 - Start by sitting on a stable, flat surface, such as a chair or bench. Keep your feet flat on the floor with your knees bent at a 90-degree angle.
 - Maintain good posture by sitting up straight, keeping your shoulders relaxed, and your feet hip-width apart.
 - Lift your right foot off the floor and cross your right ankle over your left knee, forming a figure-four shape with your legs.
 - Flex your right ankle, so your toes are pointing back toward your shin. This helps engage the muscles around the IT band.
 - Place your right hand on your right knee and apply gentle pressure to push it downward. You should feel a stretch along the outside of your right thigh and hip, targeting the IT band.
 - Repeat on other side.
- **Standing Achilles Tendon Stretch**
 - Stand facing a wall with one foot forward and one foot back.
 - Place your hands on the wall and lean forward, keeping your back leg straight.
 - Repeat on the other side.
- **Seated Achilles Tendon Stretch (Alternative to Standing Achilles Tendon Stretch)**

- Begin by sitting on a stable, flat surface, such as a chair or bench, with your feet flat on the ground and knees bent at a 90-degree angle.
- Maintain good posture by sitting up straight, keeping your shoulders relaxed, and your feet hip-width apart.
- Extend that leg straight out in front of you, keeping your heel on the ground and your toes pointing upward.
- Point your toes upward as far as you can and then flex your right ankle so that your toes are pointing back toward your body. This action will engage your Achilles tendon and calf muscles.
- While keeping your back straight and your right foot flexed, gently reach toward your right toes with both hands. You can bend at your hips slightly to reach forward.
- You should feel a stretch along your right calf and Achilles tendon as you reach toward your toes.
- **Ankle Circles**
 - Sit on the ground with your legs extended.
 - Lift one leg off the ground and rotate your ankle in circles in both directions.
 - Repeat on the other side
- **Seated Forward Bend**
 - Sit on the ground with your legs extended.
 - Reach forward toward your toes, keeping your back straight.

Strength Training

- **Quadriceps Stretch**
 - Stand on one leg and grab your ankle with your hand from behind.
 - Pull your heel towards your buttocks, feeling a stretch in your quadriceps.
 - Repeat on the other side.
- **Seated Quadriceps Stretch (Alternative to standing quadriceps stretch)**
 - Sit down on a comfortable, flat surface, such as a yoga mat or the floor. Make sure it's a surface that provides enough space for you to stretch your legs comfortably.
 - Begin by sitting with your back straight and your legs extended in front of you. Keep your feet together and toes pointing upward.
 - Choose one leg to start with. Bend the knee of that leg and bring your heel towards your buttocks.
 - Reach back with the hand on the same side as the bent leg and grasp your ankle or the top of your foot. If you have difficulty reaching your ankle, you can use a towel or a yoga strap to assist you. Loop it around your ankle and hold onto the ends.
 - As you hold onto your ankle, keep your back straight and chest lifted. This will help you get a better stretch.
 - Use your hand to pull your heel closer to your buttocks while keeping your knee pointing downward. You should feel a stretch along the front of your thigh.
 - Repeat on the other side.
- **Hamstring Stretch**
 - Sit on the ground with one leg extended and the other leg bent so the sole of your foot touches the inner thigh of your extended leg.
 - Reach for your extended foot, keeping your back straight.
 - Repeat on the other side.
- **Calf Stretch**
 - Stand facing a wall with one foot forward and one foot back.
 - Lean into the wall, keeping your back leg straight and your heel on the ground.
 - Repeat on the other side.
- **Seated Calf Stretch (Alternative to standing calf stretch)**
 - Find a sturdy, comfortable chair or a flat surface where you can sit down. Make sure your feet can rest flat on the floor.
 - Sit with your back straight and your shoulders relaxed. Keep your feet flat on the ground, hip-width apart.
 - Choose one leg to start with. Extend that leg straight out in front of you, keeping your heel on the floor and your toes pointing upward.
 - Point your toes upward as far as you can, and then flex your ankle so that your toes are pointing back toward your body. This action will engage your calf muscles.
 - While keeping your back straight and your extended leg's toes pointing back, gently reach toward your toes with your hands. You can bend at your hips slightly to reach forward.
 - Repeat on the other side.
- **Hip Flexor Stretch**
 - Kneel on one knee and step your other foot forward.
 - Push your hips forward while keeping your back straight.

- Repeat on the other side
- **Seated Hip Flexor Stretch (Alternative to kneeling Hip Flexor Stretch)**
 - Start by sitting on a sturdy, flat surface, such as a chair or bench, with your feet flat on the ground and knees bent at a 90-degree angle.
 - Ensure that your back is straight, and your shoulders are relaxed. Keep your feet hip-width apart.
 - Slide your right foot back behind you, so your toes are pointing straight back. Keep your right knee on the ground or cushion if needed.
 - Make sure your hips are facing forward. You can use your hands on your hips to help align them if necessary.
 - lean your upper body forward while keeping your back straight. You should feel a gentle stretch along the front of your left hip, where the hip flexors are located.
 - Repeat on the other side.
- **Glute Stretch**
 - Lie on your back with both knees bent.
 - Cross one ankle over the opposite knee.
 - Reach behind your thigh and pull your knee toward your chest.
- **Lower Back Stretch**
 - Lie on your back and hug your knees to your chest.
 - Rock gently from side to side to massage your lower back.
- **Triceps and Shoulder Stretch**
 - Extend one arm overhead and bend your elbow, bringing your hand down your back.
 - Use your opposite hand to gently push on your bent elbow.
 - Repeat on other side.
- **Chest Opener Stretch**
 - Clasp your hands behind your back and straighten your arms.
 - Lift your arms slightly and open up your chest.
 - Repeat on other side.
- **Wrist Flexor and Extensor Stretch**
 - Extend one arm in front of you with your palm facing down.
 - Use your opposite hand to gently pull your fingers back toward your body.
 - Hold for 15-30 seconds.
 - Repeat with your palm facing up.
- **Neck Stretch**
 - Gently tilt your head to one side, bringing your ear toward your shoulder.
 - Hold for 15-30 seconds on each side.
 - Repeat with a forward and backward tilt.
- **Seated Forward Bend**
 - Sit on the ground with your legs extended.
 - Reach forward toward your toes, keeping your back straight