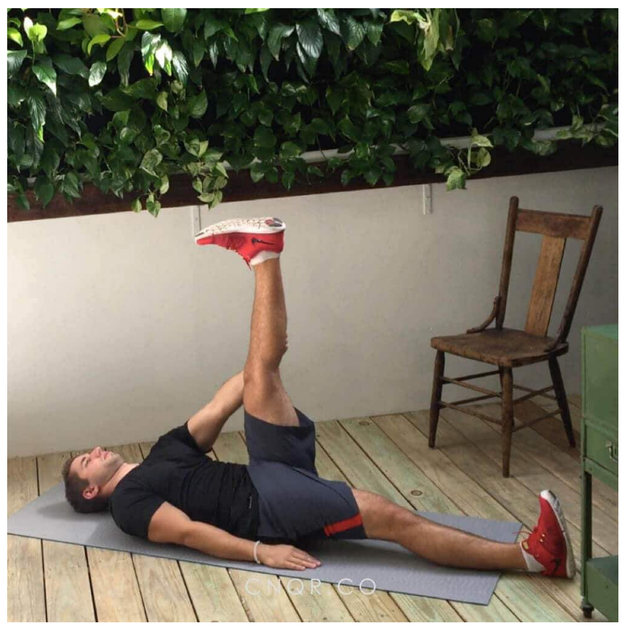
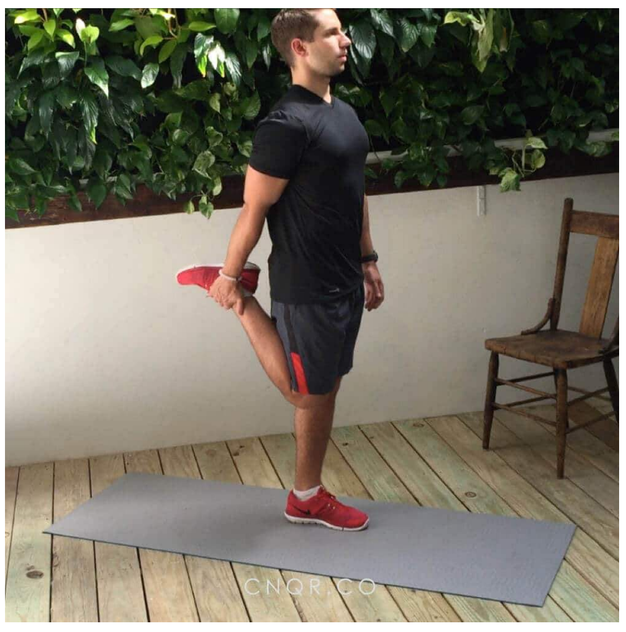
CONQUER TODAY TEN MINUTE MAINTENANCE ROUTINE



The Hamstring Stretch

30 Seconds per Side

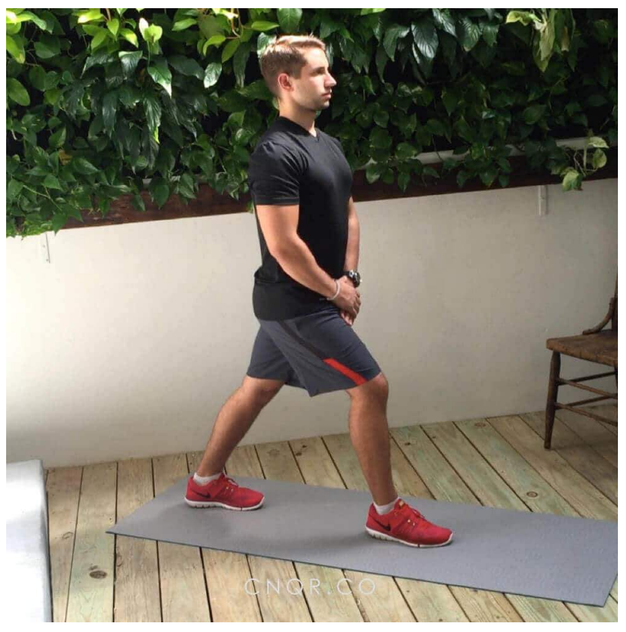
Lay flat on your back. Lift one leg straight up, and grab above or around your calf. Keep your knee mostly straight, and pull back gently.



The Quad Stretch

30 Seconds per Side

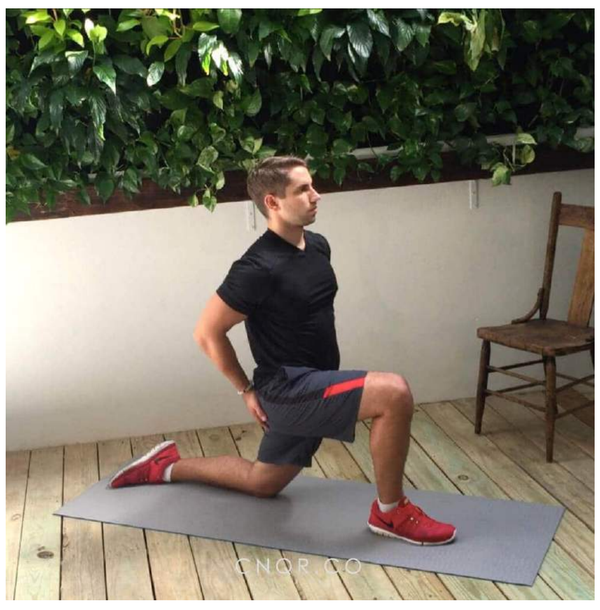
Stand and support yourself. Reach behind you, grab a lifted foot, keep your knee pointed down, and lean slightly back. Pull lightly in and up.



The Calf Stretch

30 Seconds per Side

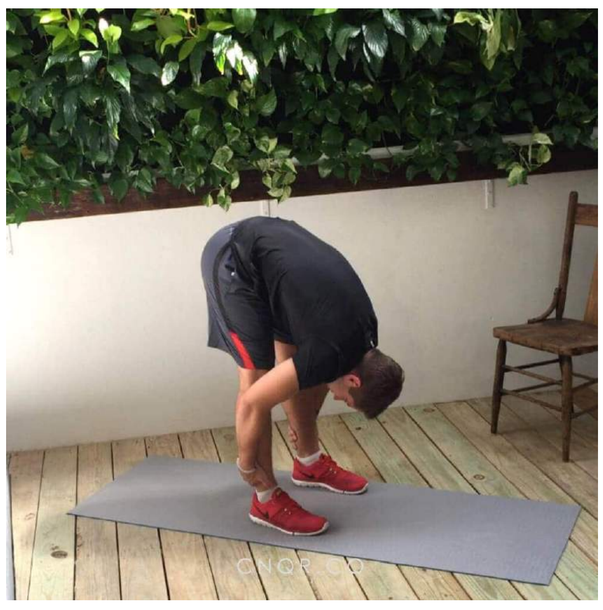
Standing forward with one leg in front of the other, keep your back heel on the ground while lunging slightly forward. Use support if needed.



The Hip Flexor Stretch

30 Seconds per Side

Lunge with your back knee on the ground, your back foot up, your ankle supported. Keeping your back straight, squeeze your glutes forward.



The Lower Back Stretch

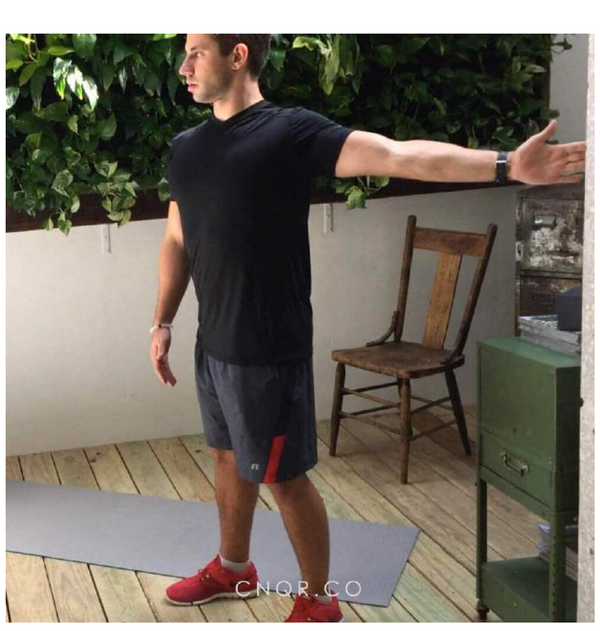
30 Seconds per Side

As you reach down to touch your toes, grab behind your legs instead, and push out your lower spine with your core. Pull harder with one arm.

The Upper Back Stretch

30 Seconds per Side

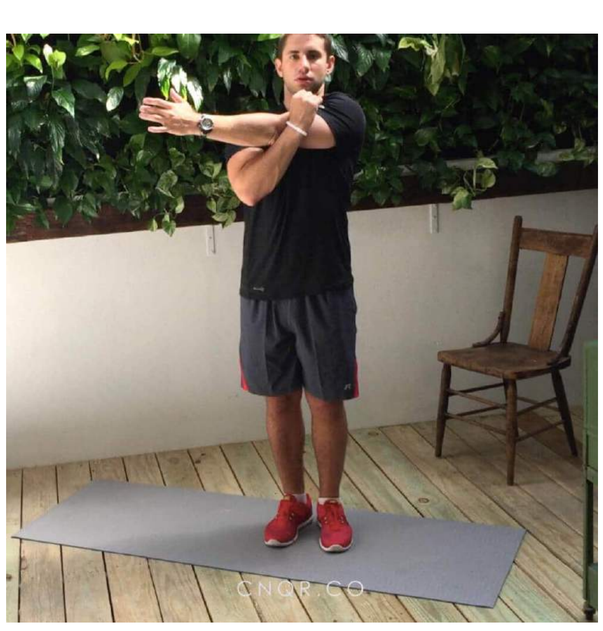
Sit or stand with your hands behind your head, shoulders back and down. Lean to a side at your core, trying to press your elbow to the ground.



The Chest Stretch

30 Seconds per Side

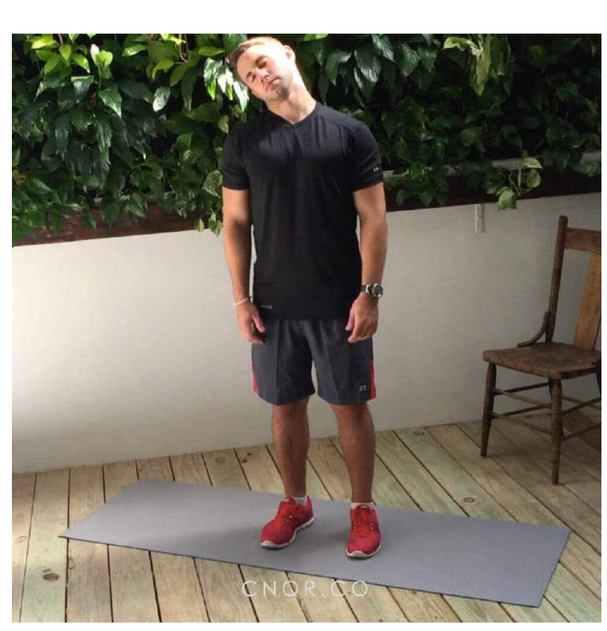
Standing straight, hold up an arm like swearing on the bible. Press that hand, elbow, and bicep into a doorway, and turn away slightly.



The Shoulder Stretch

30 Seconds per Side

Making sure you’re standing straight and looking forward, straighten an arm and pull the elbow over and towards the chest.



The Neck Stretch

30 Seconds per Side

Sitting or standing straight, pull a shoulder downward while leaning your head at various angles in the opposite direction.