

LEGS & HIPS STRETCHES

Legs & Hips Stretches for Everyday

Stretching your legs and hips regularly helps prevent muscle fatigue, strains, and sprains by improving flexibility, circulation, and joint mobility. Keeping these areas loose and strong supports better movement and reduces your risk of injury.

Quad Stretch

1. Stand straight with your arms positioned comfortably by your side.
2. Reach back with your left hand and grasp your lower leg, use your chair for balance.
3. Gently stretch your left leg until you feel a mild stretch in your thigh.
4. Hold for 5 seconds.
5. Repeat steps 1-5 with your opposite leg.



Toe Touches

1. Stand or sit straight with your arms positioned comfortably by your side.
2. Slowly bend at the waist towards your toes.
3. Reach your toes until you feel a mild stretch in the back of your leg.

4. Hold the stretch, do not bounce. Hold for 5 seconds.



High Kick Stretch

1. Stand or sit straight with your arms positioned comfortably by your side.
2. Raise your right arm straight out in front of you at shoulder height for balance and as a target.
3. Gently swing your left leg straight up in a controlled motion.
4. Try to kick your left foot up toward your right hand while trying to keep your leg as straight as possible. Perform the motion 5 times.
5. Repeat steps 1-4 with the opposite sides.

