

# YTHRIVE Stretching Guide

## How to use this guide:

- This stretching guide can be completed after your YTHRIVE workout as part of your cool down.
- The stretches are static stretches and are meant to be performed in a controlled manner. You should experience mild to moderate tension in the muscle(s) being targeted.
- The stretches are done in a circuit. Flow from one stretch to the next with minimal rest between stretches.
- Continue to breathe naturally throughout the entire hold of each stretch.
- Beginners should hold each stretch for 30 to 60 seconds. This will help increase flexibility more effectively than performing multiple short stretching efforts.
- Experienced exercisers can hold the stretches upwards of 90 seconds and or complete the circuit 2 or 3 times in one session.



Scan the QR code to watch an instructional video of each stretch



1 CALF STRETCH



2 CHEST STRETCH



3 SHOULDER STRETCH



4 LAT STRETCH



5 COBRA



6 CHILD'S POSE



7 HAMSTRING STRETCH



8 LUNGE WITH TWIST



9 THIGH STRETCH