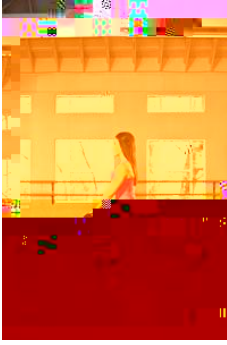
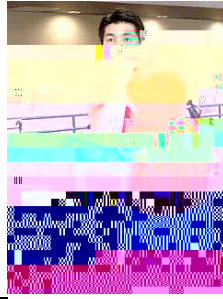


## Stretch Routine: Fitness Center



**Front lunge/**



**Deltoid Stretch**

**Line 1:**  
Muscles used- lunge= hip flexor or quadriceps, gastrocnemius  
Deltoid= anterior, middle and posterior deltoids

**Line 2:**  
**Triceps Stretch**  
Muscles used- Triceps muscle and biceps



**Line 3:**  
**Side lunge**  
Muscles used- Adductor muscle



**Line 4:**  
**Quadriceps stretch**  
Muscles used=  
Rectus femoris  
Vastus medialis  
Vastus lateralis  
Vastus intermedialis  
Hip Flexor



**Line 5:**

### **Hamstring Stretch**

Muscle used- hamstring= 3 muscles

1. Semi-tendinosis
2. Bicep femoris
3. Semi-membranosis

When you grab your toe:

- Hamstring
- Calf-gastronemius
- Gluteus maximus
- Soleus

**Line 6:**

### **Chest Stretch**

Muscles

- pectorals
- deltoids

**Line 7: Abs and Push-ups**

Muscles used:



push-up= Biceps, Triceps, Pectorals (chest), and deltoid



Abs = 1. Rectus Abdominis  
2. Transversus Abdominis  
3. Internal Obliques  
4. 4.External Obliques