3 Essential Stretches You Need to Know

When it comes to stretching, there are innumerable stretches that you can do, all of which can help you become more flexible, increase mobility, and reduce muscle and joint pain. But, with so many to choose from, it can be hard to know which ones to do.

Of course if you have a certain part of your body that you want to focus on, then you can do various stretches for that part of the body. However, if you’re looking for stretches that help your entire body, then there are a few other ones that you’ll need to do.

Here are 3 essential stretches you need to know:

Side Bend

This stretch will stretch out your abdominal, back, and lateral muscles as well as your hips.

Begin the stretch from a standing position with your feet in line with your shoulders. Reach your hands over your head and press the palms of your hands together as high as you can reach. Take a deep breath in and pull your spine as straight and tall as you can manage.

As you exhale, bend your body to the right so that you can feel the stretch through your arm and down your left side. Be sure to maintain a good form by keeping your arms and upper body in the same position. Hold the pose for 60 seconds, maintaining deep breathing throughout. Then, return to an upright position as you exhale and do the same thing to the left.

Although not quite as effective, this stretch can also be done from a chair.

Chest Opener

This stretch focuses on your chest muscles, triceps, and shoulders.

Begin from a standing or sitting position. Then, reach your arms behind your head, clasping your hands at the back of your head. As you take a deep breath in, lift your chest as you pull your elbows back and keep your hands anchored behind your head.

Relax your position slightly as you exhale, then continue to stretch your chest and arm muscles further with each subsequent breath. You should maintain this pose for 10 slow breaths or 60 seconds.

Quad Stretch

Use this stretch to improve range of motion in your knees and to stretch out your quadriceps.

While standing, lift your right foot up and grab it with your right hand at the ankle. Gently pull your heel to your glute until you can feel the stretch in the front of your leg. Keep your knees as close together as you hold the pose for 60 seconds. Once you finish on one side, you can do the same with the left leg.

This pose can only be done while standing. If you are worried about maintaining balance during this stretch, you can hold onto a sturdy piece of furniture or use a wall to steady yourself while performing this essential stretch.

By doing these 3 essential stretches every day, you will quickly see improvements in these parts of the body in terms of flexibility and mobility.