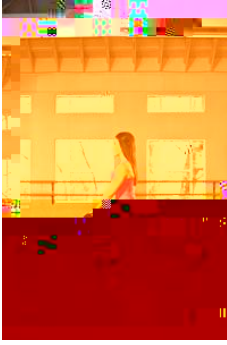
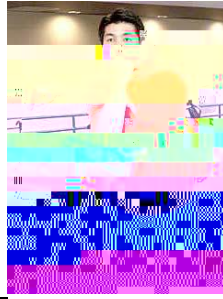


## Stretch Routine: Fitness Center



**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-tendinosus
2. Biceps femoris
3. Semi-membranosus

When you grab your toe:

- Hamstring
- Calf-gastrocnemius
- 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