

# Stretching Routine Printable

Rent Nothing

Morning and post-workout flows with hold times — laminate for gym bag or desk.

## Morning mobility (5–8 min)

Stretch	Hold	Done
Neck rolls — slow, both directions	30 sec	<input type="checkbox"/>
Shoulder rolls + cross-body arm	30 sec each	<input type="checkbox"/>
Cat-cow or standing spine waves	8 reps	<input type="checkbox"/>
Hip flexor lunge stretch	30 sec / side	<input type="checkbox"/>
Hamstring — seated or standing	30 sec / side	<input type="checkbox"/>

## Post-workout / desk reset

Stretch	Hold	Done
Chest doorway stretch	30 sec	<input type="checkbox"/>
Figure-4 glute stretch	30 sec / side	<input type="checkbox"/>
Calf stretch against wall	30 sec / side	<input type="checkbox"/>
Wrist flexor / extensor	20 sec each	<input type="checkbox"/>
Deep breath + posture reset	5 breaths	<input type="checkbox"/>