

LIST OF 100 STRETCHING EXERCISES FOR BALANCE AND FLEXIBILITY

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Stretching Exercises List for Beginners

No.	Exercises	Muscles Worked
1	Downward Facing Dog	Legs, Glutes, Back, and Shoulder
2	Warrior I	Legs and Buttocks
3	Warrior II	Legs, glutes, hips, core, chest, and shoulders
4	Standing Forward Bend	Posterior Chain
5	Reverse Warrior Pose	Quads, hams, hips, groin, and core.
6	Garland Pose	Legs, glutes, hips, and lower back.
7	Upward Salute	Upper Body
8	The Goddess Pose Stretch	Quad, ham, knees and ankles
9	Low Lunge	Thighs, hips, abdominals and chest
10	Tree Pose	Leg, ankles and feet, groin, and inner thigh
11	Cat Cow Pose	Neck, shoulders and spine
12	Plank Pose	Integrated Full Body
13	Bridge Pose	Hamstrings and Gluteul muscles
14	Cobra Pose	Posterior chain and abdominal muscles
15	Cobbler's Pose	Hips, inner thigh and core
16	Head to Knee Pose	Hamstrings, Abs, groin and spine
17	Supine Spinal Twist	back, hips, ribs, and upper back
18	Child's Pose	Upper Limbs
19	Figure Four Stretch	Glute, hips, and abdominal muscles
20	Butterfly Stretch	Hips, groin, inner thighs, and knees
21	Side Bend Stretch	Abs and Obliques
22	Lunging Hip Flexor Stretch	Legs, buttocks, and hips
23	Knee to Chest Stretch	Abs, hips, arms, legs and Shoulder
24	Neck roll	Neck and the cervical spine
25	Shoulder Roll	Upper traps and shoulders
26	Side lunge	Quad, abductors, glutes, adductors, and hams
27	Standing Quad Stretch	Quads, Hamstrings, and glutes

28	Supine Spinal Twist	back, hips, ribs and shoulders
29	Single-arm Hamstring Stretch	Hamstrings and abdominal muscles
30	Knee Hug	Quad, calves, adductors, hams, and gluteal muscles
31	<u>Superman Fly</u>	Back, glutes, hams, and shoulders
32	<u>Locust Pose</u>	Posterior Chain muscles
33	Chair Pose	Legs, back, shoulders, hips, and glutes
34	High Lunge	Leg, gluteal, arm and core muscles
35	Happy Baby Pose	Inner thighs, hamstrings, and groin
36	<u>Extended Puppy Pose</u>	Spine, shoulders, upper back, arms and abs
37	Cow Face	Rotator cuff, wrist extensors, abductors, and groin
38	Sphinx	Shoulders and lower back
39	Bound Angle	Adductors, inner quadriceps, and hamstrings
40	The Heron	Hamstrings, quadriceps, and core
41	<u>Upward Facing Dog</u>	Chest, abs, shoulders, arms, and low back
42	One-Legged Bridge Pose	Hamstrings, hip flexors, lower back, and glutes
43	Good Morning	Hamstrings, gluteus maximus, and lower back
44	Pigeon Pose	Lower back, groin, and thigh
45	Dive Bomber Push-ups	Integrated Full Body
46	Prone Arms Circle	Upper body and glutes
47	<u>Side Squat Stretch</u>	Gluteus medius, quads and inner thighs
48	<u>Extended Side Angle</u>	Total Body, primarily obliques
49	Triangle Pose	Hamstrings, glutes, hips, and ankles.
50	Half Forward Bend	Hamstrings, glutes, hips, and lower back.

List of Stretching Exercises for Intermediates and Advanced

No.	Exercises	Muscles Worked
1	Pyramid Pose	Spine, shoulders, wrists, hips and hams
2	<u>Crescent Lunge</u>	Legs, groin, hip, and spine
3	<u>Eight Limbed pose</u>	Total Body
4	Half Lord of the Fishes	Back, hip, legs and core
5	Seated Forward Bend	Legs, hips, and spine
6	Eye of the Needle pose	Glutes, hips, and lower back
7	Lunge With Spinal Twist	Ham, glutes, and hip flexors
8	The Reclining Hero	Thighs, hip flexors, and ankles
9	<u>Bird Dog Plank</u>	Erector spinae, core, and glutes
10	Floor Windshield Wiper	Oblique, Abs, lower back, arms and legs.
11	Kneeling Quad Stretch	Quadriceps

12	Standing Side Bend	External and internal obliques
13	<u>Child's Pose with Reach</u>	Torso
14	Runner's Lunge	Quads, glutes and core
15	Bow Pose	Abdomen, chest, shoulders, hip, and quad
16	Low Lunge Arch	Legs, glutes, hips and lumbar spine
17	Pistol Squat	Glutes, hamstrings, calves, and quads
18	Heron Pose	Back, hips, and hamstrings
19	Extended Side-Angled Pose	legs, hips, spine and oblique
20	Revolved Triangle Pose	Legs, feet, ankles and abdominals
21	Dolphin Pose	Shoulders, arms, upper back, and legs
22	Mermaid pose	Hips, quads, groin, and shoulders
23	<u>Crow Pose</u>	Midsection, arms, wrists, and upper back
24	Scale Pose	Arms, shoulders, and abs
25	Wild Thing	Integrated Full Body
26	Camel Pose	Chest, abdomen, thighs and glutes
27	<u>Half Moon Pose</u>	Glutes, quads, and hamstrings
28	The Plow	Ham, glutes, quad, and upper back
29	Dancer Pose	Integrated Full Body
30	Warrior 3 Pose	Shoulders, ham, calves, ankles, and back
31	Half Frog Pose	Knees, Spine, and Back
32	<u>Supported Shoulder-stand</u>	Legs, glutes, upper back, core, and arms
33	Intense Side Stretch	Legs, hips, spine, shoulders and wrists
34	Standing Locust Pose	Lower back, trapezius, lats, abs, and delts
35	Gate Pose	Midsection, especially love handles
36	Upward Plank	Torso and legs
37	<u>Extended Plank</u>	Core, shoulder, and arms
38	Revolved Side Angle Pose	Legs, groin, spine, chest, and shoulders
39	Wheel Pose	Arms, abdomen, legs, shoulders and chest
40	Wide Angle Seated Forward Bend	Lower limbs and back
41	Monkey pose	Thighs, hamstrings and groin
42	The Half Frog	Thighs and ankles
43	<u>The Four-Limbed Staff</u>	Total Body
44	Intense Side Stretch Pose	Legs, hips, spine, shoulders and wrists
45	<u>Reclined Thunderbolt Pose</u>	Total Body
46	Extended Leg Bridge	Glute, ham, and lower back
47	Intense East Stretch	Wrists, thighs, and shoulders
48	<u>Single-leg Deadlift</u>	Posterior chain
49	Archer Pushup	Chest and shoulder
50	Ab Wheel Rollout	Core

I've made a [30-day stretching workout routine](#) with the help of beginner exercises that is great for starting a day.

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