



# Curves Flexibility Chart

**1**




Stand with one leg forward, knee bent, and the other leg behind and straight. Keep heel and foot of the back leg flat against the floor during stretching.

**2**




Extend one leg with knee slightly bent and the toe pointing upward. Slowly lower the body, carefully maintaining balance.

**3**



Stand on one leg, grasp foot, and gently pull up and back toward the buttocks. Keep pelvis straight and torso upright.

**12**




While holding your back flat, grasp your thighs below the knees and pull in toward the chest.

### Stretching Essentials

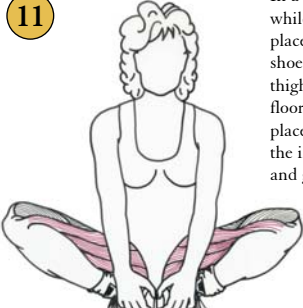
- Hold each stretch position for 15 seconds.
- Extend fully without applying pressure to the joint.
- Breathe deeply as you perform these movements.
- Be sure to avoid bouncing, bobbing, or excessive pulling.
- Perform stretching exercises at the end of your workout.

**4**



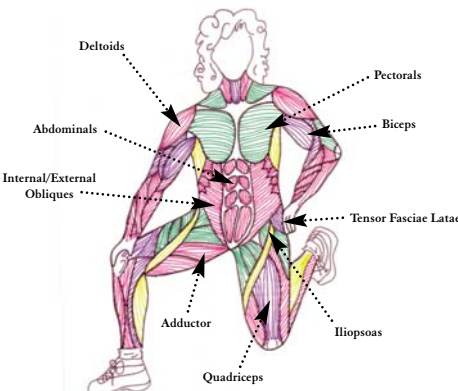
With your feet about shoulder width and knees bent, extend one arm overhead and maintain skeletal alignment.

**11**




In a sitting position, while holding your feet, place the soles of your feet together. Let your thighs relax toward the floor. For extra pressure, place your elbows on the inside of your thighs and gently push down.

### FRONT MUSCLES



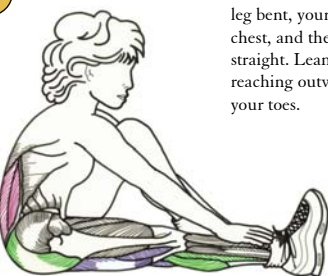
Deltoids, Pectorals, Biceps, Abdominals, Internal/External Obliques, Tensor Fasciae Latae, Adductor, Iliopsoas, Quadriceps

**5**



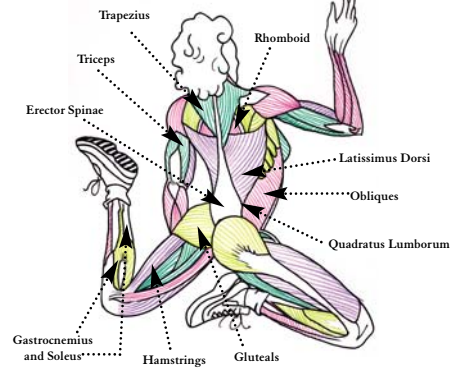
Grasp hands behind your back and hold. Slowly lift arms up to a comfortable tightness.

**10**



Sit on the floor with one leg bent, your knee to the chest, and the other leg straight. Lean forward, reaching outward toward your toes.

### BACK MUSCLES



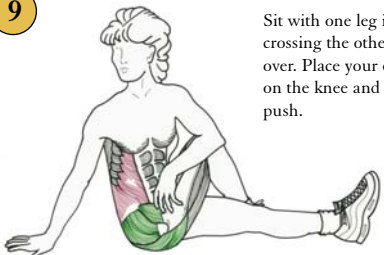
Trapezius, Rhomboid, Triceps, Erector Spinae, Latissimus Dorsi, Obliques, Quadratus Lumborum, Gastrocnemius and Soleus, Hamstrings, Gluteals

**6**




Grasp your elbow with the opposite hand and gently pull.

**9**




Sit with one leg in front, crossing the other leg over. Place your elbow on the knee and gently push.

**8**



With your arms up and out, gently pull the arms back until you feel a tightness in the chest, shoulders, and arm muscles.

**7**



Interlock fingers above your head, push palms upward and hold.