

# Full-Body Routine — Stretch & Strength

30 no-equipment moves (floor/bed only) with original stick-figure illustrations

Do the stretch sections daily or after training. Do the strength section 3x/week on non-consecutive days. No equipment needed beyond floor space (a mat or rug helps) or your bed for the seated/lying moves. Move slowly and stop short of sharp pain.

## Neck & Upper Back



### Neck Extension

Upper neck, front of neck | Hold 15-20 sec x 2  
Interlace fingers behind head. Gently lean back, letting neck/upper back extend.



### Neck Side Tilt

Sides of neck, upper traps | 20-30 sec/side  
Tilt ear toward shoulder until you feel a stretch on the opposite side.



### Neck Rotation

Neck mobility | 5 reps/side  
Slowly turn head to look over each shoulder as far as comfortable.



### Thread the Needle

Mid back, lats, rotation | 8-10 reps/side  
On hands and knees, slide one arm under body then rotate it up toward the ceiling.



### Cat-Cow

Full spine | 8-10 reps  
On hands and knees, alternate arching (cow) and rounding (cat) the spine slowly.



### Child's Pose

Lower back, lats, hips | Hold 30-45 sec  
Kneel, sit back on heels, reach arms forward and rest chest toward the floor.

## Chest & Shoulders



### Cobra Stretch

Chest, abs, front of shoulders | Hold 20-30 sec x 2  
Lie face down, press hands into floor and lift chest, keeping hips down.



### 'W' Scapular Squeeze

Chest, rounded shoulders | 10-12 reps  
Elbows bent 90°, arms out like a goalpost. Squeeze shoulder blades together and down.



### Cross-Body Shoulder Stretch

Rear delt, upper back | 20-30 sec/side  
Pull one straight arm across your chest with the other arm; keep shoulder down.



### Arm Circles

Shoulder mobility | 20 sec each way  
Arms out to sides, make circles, small to large, then reverse direction.



### Overhead Triceps Stretch

Triceps, lat, shoulder | 20-30 sec/side  
Reach one arm overhead, bend elbow, use other hand to gently press elbow back.



### Knee-to-Chest

Lower back | 20-30 sec/side  
Lying on back, pull one knee to chest, keep lower back flat on floor.

## Back & Core (Stretch)

### Supine Spinal Twist

Lower/mid back, obliques | 20-30 sec/side

Lying on back, drop both bent knees to one side, shoulders flat, look opposite way.



### Seated Forward Fold

Lower back, hamstrings | Hold 30 sec

Sit with legs extended, hinge at hips and reach toward your feet, back long.



## Hips & Legs (Stretch)

### Kneeling Hip Flexor Stretch

Hip flexors, quads | 20-30 sec/side

Half-kneel, back knee down, shift weight forward while squeezing that glute.



### Figure-4 Glute Stretch

Glutes, piriformis | 20-30 sec/side

Lying on back, cross one ankle over opposite knee, pull thigh toward chest.



### Butterfly Stretch

Inner thighs, hips | Hold 30 sec

Sit with soles of feet together, knees out, lean gently forward from the hips.



### Seated Hamstring Stretch

Back of thighs | 20-30 sec/side

Extend one leg, hinge forward at hips reaching toward the foot, back straight.



### Side-Lying Quad Stretch

Front of thigh | 20-30 sec/side

Lying on your side, pull top ankle toward your glute, knees stacked.



### Seated Calf/Ankle Stretch

Calves, ankle | 20-30 sec/side

Extend leg, loop hands around forefoot and gently pull toes back toward you.



## Strength — No Equipment

### Push-Ups

Chest, shoulders, triceps, core | 8-15 reps x 3

Hands under shoulders, body straight, lower chest to floor, push back up. Knees down to regress.



### Glute Bridge

Glutes, hamstrings, lower back | 12-15 reps x 3

Lying on back, knees bent, feet flat. Squeeze glutes and lift hips into a straight line.



### Bird Dog

Core, lower back stability | 8-10 reps/side

On hands and knees, extend opposite arm and leg straight out, hold briefly, return.



### Plank

Core, shoulders | 20-40 sec x 3

Forearms down, body in a straight line from head to heels, brace your core.



### Superman

Lower back, glutes | 10-12 reps

Lying face down, simultaneously lift arms, chest and legs off the floor, hold briefly.



### Bodyweight Squat

Quads, glutes, hips | 12-15 reps x 3

Feet shoulder-width, push hips back and bend knees to lower, drive back up.



### Reverse Lunge

Quads, glutes, balance | 10 reps/side

Step one foot back, bend both knees to ~90°, push through front foot to return.



### Side Plank

Obliques, hips | 15-30 sec/side

Lie on your side, prop up on one forearm, lift hips into a straight line.



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**Dead Bug**

Deep core, spine stability | 8-10 reps/side

Lying on back, arms up, knees bent 90°. Extend opposite arm and leg, low back stays flat.

**Bicycle Crunches**

Abs, obliques | 12-15 reps/side

Lying on back, hands by head, bring opposite elbow to opposite knee, alternating.



This is a general mobility/strength guide, not medical advice. If you have persistent or sharp pain, numbness/tingling, or a known injury, check with a physical therapist or doctor before continuing.