



BY EQUINOX

The World's Greatest Stretch

Hold each position for 3-5 seconds, and move through the entire series at least 3 times each side.

1. ELBOW-TO-INSTEP A

Start in lunge position, right leg forward, foot flat on floor, knee bent 90 degrees, left leg extended behind you, left ball of foot on floor; hands on floor inside right leg, back flat (as shown).

Main targets:
Hip flexors, butt, hamstrings, quadriceps, lateral calf.



2. ELBOW-TO-INSTEP B

Next, lift right hand off floor, bend right elbow 90 degrees and reach elbow toward instep of right foot (as shown). Reach as far as you can without rounding back.

Main targets:
Deeper into hip flexors, butt, hamstrings, quadriceps, lateral calf.



3. EXTERNAL TORSO ROTATION WITH REACH

Return right hand to floor, then rotate torso to left and extend left arm to ceiling, palm out (as shown). Keep spine long, and continue reaching through back leg.

Main targets:
Deepens hamstring and gluteus stretch; adds shoulders, pecs, upper and lower back, internal and external rotators of hips and obliques. Enhances spinal mobility.



4. INTERNAL TORSO ROTATION WITH REACH

Return left palm to floor, then, rotate torso to right, pressing through left palm and lifting right hand to ceiling, palm out, eyes follow (as shown).

Main targets:
Deepens hamstring and gluteus stretch; shoulders, pecs, upper and lower back, internal and external rotators of hips and obliques. Synchronizes thoracic spine mobility with lumbar spine stability.



5. HIP FLEXOR/ QUADRICEPS STRETCH A

Drop left knee and toe to floor, place hands on top of right thigh. Squeeze butt and slightly tuck pelvis, then press hands into thigh and push torso away, extending spine as tall as you can (as shown).

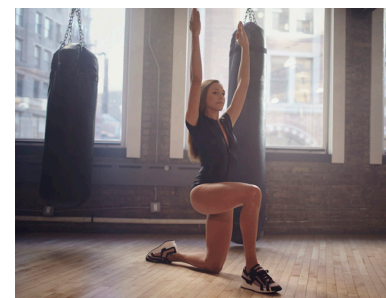
Main targets:
Hip flexors, quadriceps, abdominals.



6. HIP FLEXOR/ QUADRICEPS STRETCH B

To add to stretch, extend arms over head, reaching fingers to ceiling (as shown).

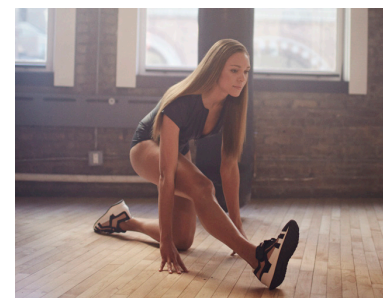
Main targets:
Deeper into abdominals, lats; adds biceps.



7. HAMSTRING CALF STRETCH

Finally, place hands on floor on either side of right leg, then shift hips back and straighten right leg, foot flexed, keeping back as flat as possible (as shown).

Main targets:
Hamstring and calf.



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