Stretching after exercise

20 to 30 seconds each, without pain

- [ ] Hamstrings: reach toward an extended leg
- [ ] Quadriceps: standing, holding your foot
- [ ] Calves: lean against a wall
- [ ] Chest: in a doorway
- [ ] Neck: tilt your head to each side
- [ ] Back: cat-cow

> Before exercise, a dynamic warm-up works better: leg swings, arm circles, walking lunges.