

18 simple movements help stretch muscles in each position on the body

Join us to learn 18 simple movements to help stretch muscles in each position on the body in the article below!

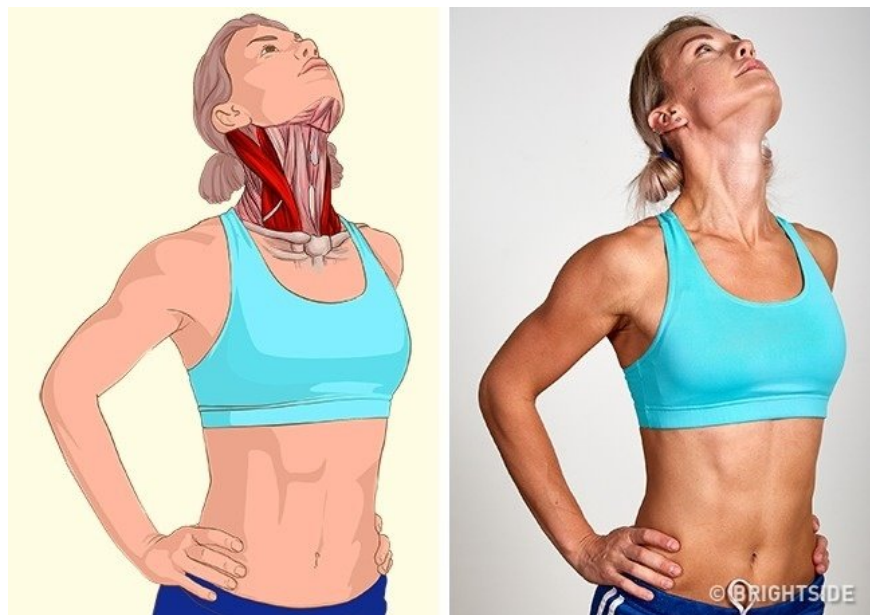
Muscle strain is not only important for people who practice sports; It is also important for people with less active lifestyles.

We would like to share the movements developed by the Spanish fitness coach. They will help you keep your body healthy and know which muscles move in each exercise. Join us to learn **18 simple movements to help stretch muscles in each position on the body** below!

Important note : Don't forget to keep your breath normal and make sure your body does not feel pain. Hold each position for about 10 to 30 seconds.

One more thing, while doing these practices or movements, it is possible that you might feel a little sore or experience some muscles fatigue, so it's always better to use percussion gun post every workout. The advantage of using percussion massage gun is that it helps reviving your muscles, boosts circulation, and releases energy. A massage gun like Exogun DreamPro helps boosting muscle function by penetrating deep into the muscle tissues so you can recover faster and live better. Trusted by the pros, Exogun delivers the ultimate recovery!

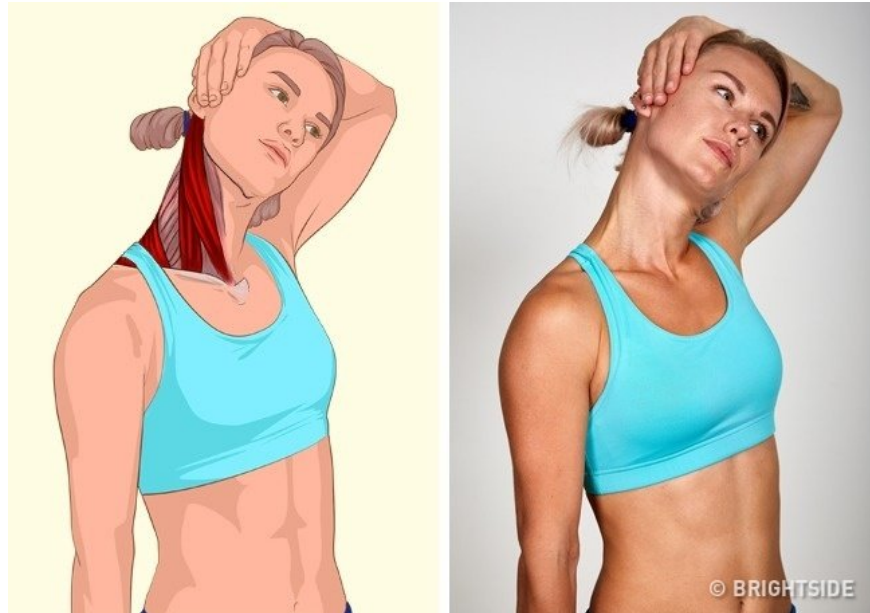
18. Stretch muscle before neck



Related muscles : Lash.

How to do it : Put your hands on your hips, hold your back straight and slowly tilt your neck back. If you want to stretch more, you can put your hand on your forehead and carefully pull it down.

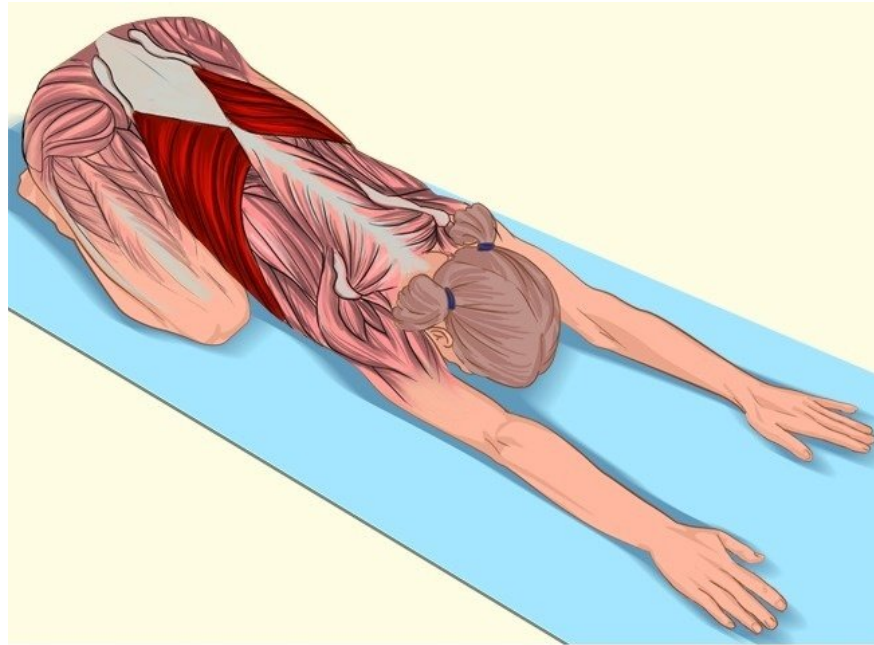
17. Strain your neck



Related muscles : Shoulder muscle and upper shoulder muscle.

How to do it : Perform in a sitting position, hold your back straight, use your left hand to gently bend your head to the left. Try to bend to the left so that the left ear touches the shoulder. Repeat the gesture with the other side.

16. Kid's posture



Related organs : Mechanical thrust.

How to do it : Kneel on the floor, your toes bunched up, sit on your heels and your knees are as wide as your hips (*as shown above*). Slowly, lower your upper body and close to your thighs, your forehead touching the floor and 2 hands stretching forward. Breathe and relax.

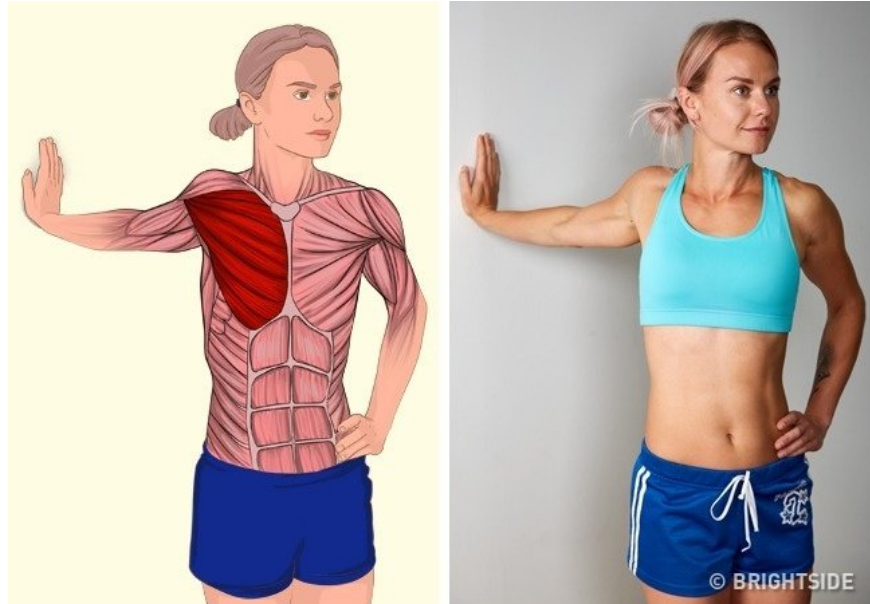
15. Posture camel



Related muscles : Cross-abdominal muscles and abdominal muscles.

How to do it : Kneel on the floor, hold your back and legs straight with your shoulders. Take a deep breath, shrink your hands against the pelvis. Then, exhale, leaning your whole body backwards, and holding your feet one by one. Continue, done with the other hand. Tilt your neck back, maintain your breathing posture for 30 seconds.

14. Chest muscle strain



Related muscles : Chest muscles and thrombosis.

How to do it : Stand up straight, put your hands on the wall, face facing outwards like on the drawing and slowly turn your hand. Repeat this action with the other hand.

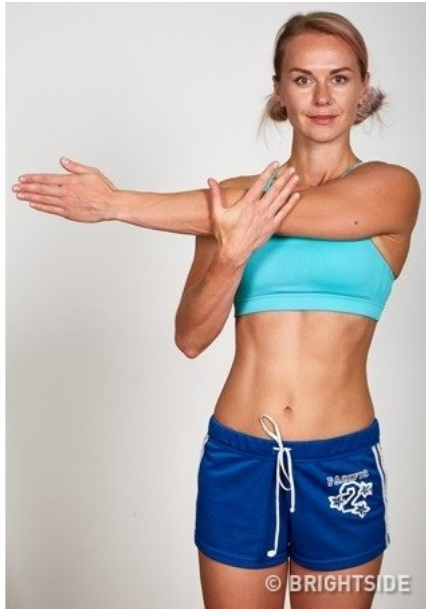
13. Pelvic muscles



Related muscles : The back muscle and posterior thigh muscle.

How to do it : Sit down on the floor, spread your legs wide. Don't bend your knees, keep your feet on the floor. Afterwards, bend forward by sliding your hand to the heel, while pulling the upper half of your body along.

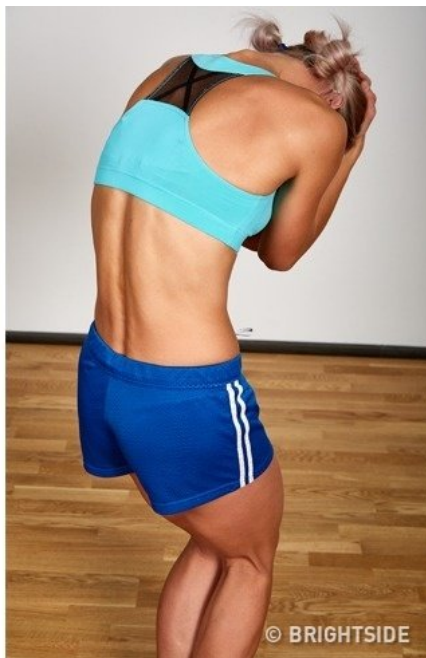
12. Muscle strain on the shoulder



Related muscles : Muscle on the shoulder.

How to do it : Straighten your arms across your body and gently use your other hand to increase the tension. Repeat this action by rolling your hands.

11. Stretch the back of the neck



Related muscles : Shoulder muscles .

How to do it : Pinch your legs together. Slowly push your hips down and use your hands to bend your head forward. Try to let your chin touch your chest.

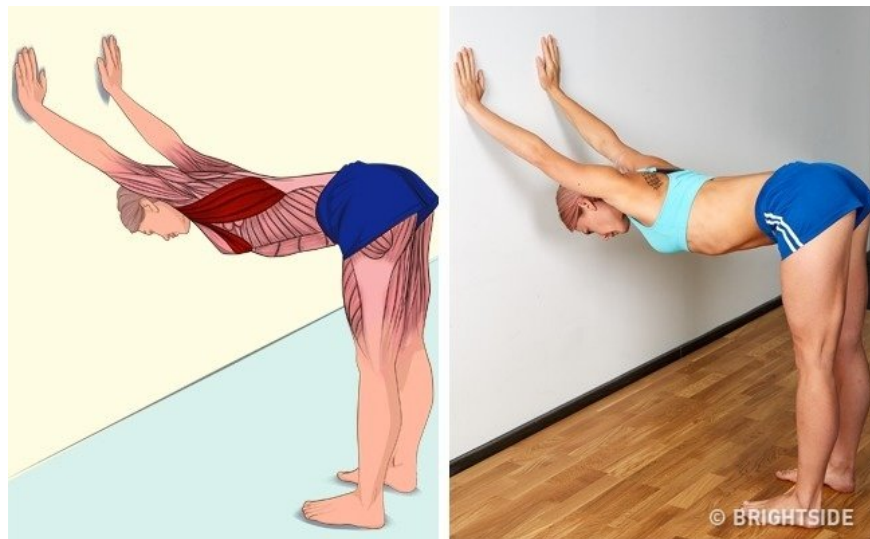
10. Posture triangle extension



Related muscles : Cross-abdominal muscles .

How to do it : Stand straight, step 2 feet to 2 sides wider than your shoulder. Two hands against the hips, the left leg facing to the left, the right leg facing forward at a 90 degree angle. Leaning to the left (*bending the hip not the waist*), the left hand stretches perpendicular to the floor behind the left leg. Lower your body until your hands touch your ankles. Right hand brought up perpendicular to the ceiling. Hold that position for 30 seconds to 1 minute, then return to the original position and switch sides.

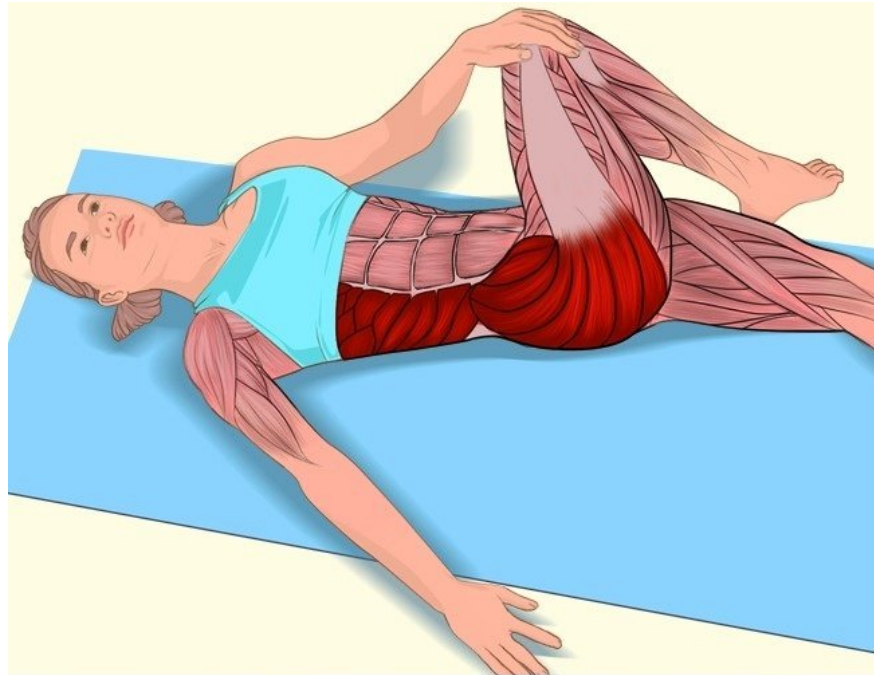
9. Downward facing dog position (Downward facing dog)



Related muscles : Chest muscles and thrombosis.

How to do it : Stand face down on the wall, keeping enough distance so that the upper half of the body is parallel to the floor. Stand in the position shown above, then gently stretch your chest down.

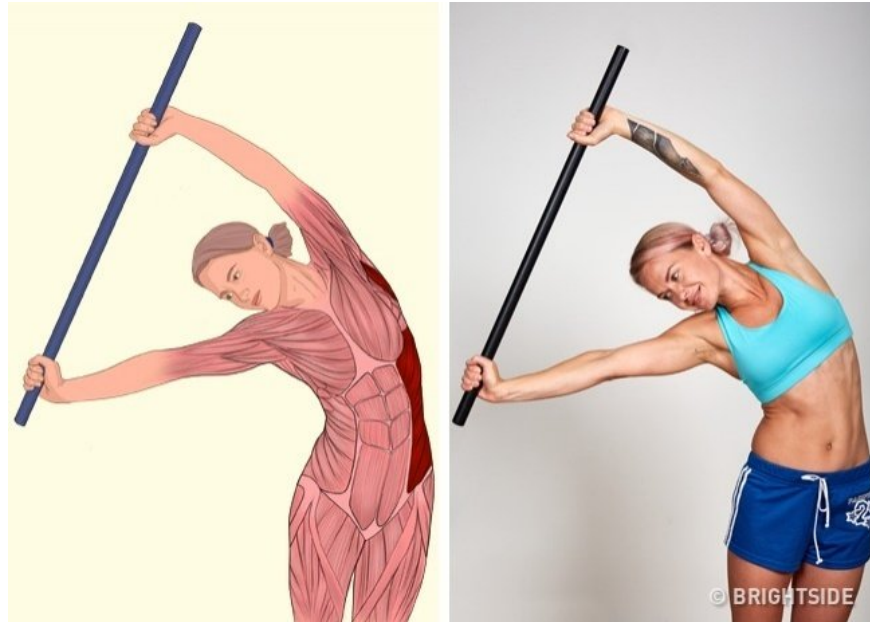
8. Posture of spine twisting



Related muscles : Buttock muscles and abdomen muscles.

How to do it : Lie on the floor. Bend the right knee, bring it to the left side of the body. Use your hand to gently press to increase tension. Repeat this action with the other leg.

7. Bend the body to the side using the support device



Related muscles : Cross-abdomen and thrust muscles.

How to do it : Stand straight, slowly tilt your upper body to the right. Repeat this exercise by tilting to the other side.

6. Bend forward



Related muscles : Musculoskeletal and thigh muscles.

How to do it : Stand up straight, place one leg in front of the other. Hold your back straight. Place your hands on your hips, bending your upper body forward. Repeat with the other leg as you step forward.

5. Butterfly pose (Butterfly pose)



Related muscles : thigh muscles .

How to do it : Sit upright on the carpet, your knees curled up and pressed against your thighs so that your feet touch each other. Hands on knees, elbows straight. Fan your legs up and down like butterflies are waving. Breathe deeply, carry out your thighs continuously for 20 seconds. Always keep your back, shoulders and neck straight.

4. Buttock strain



Related muscles : Buttock muscles .

How to do it : Sit on the floor. Hold your back straight. Slowly pull your legs out in front of your chest by turning your hips to the outside. Repeat this action with the other leg.

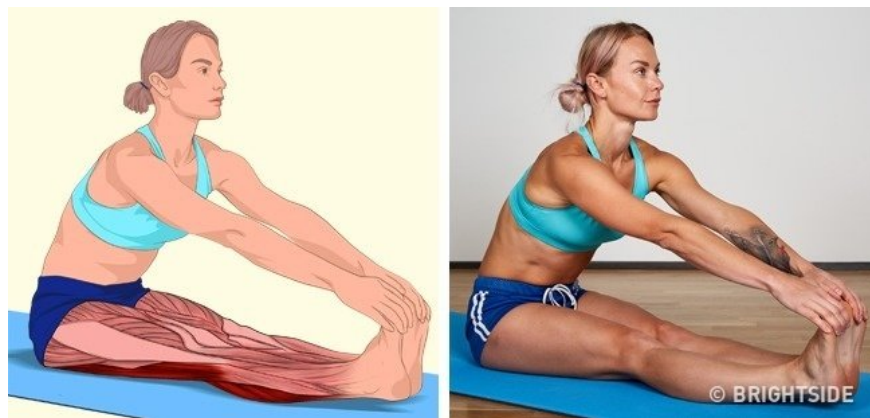
3. Sitting posture Pigeon Pose (Pigeons posture)



Related muscles : Front hip muscles.

How to do it : Sit down on the floor. Put your right hand behind your back. Place your right foot above the left knee and hold it with the other hand. Repeat this action with the left leg.

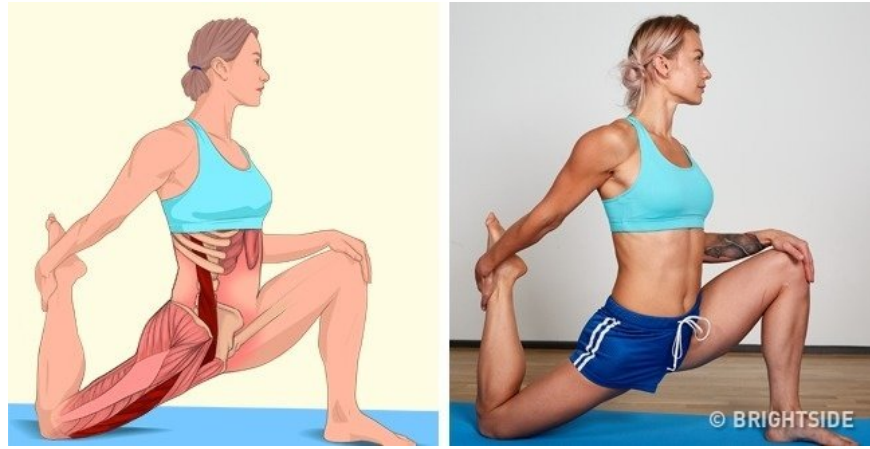
2. The posture sits bending forward



Related muscles : thigh muscles and leg muscles.

How to do it : Sit on the floor, hold your legs straight and bunch. Legs pressed to the floor, slowly bending the upper half of the body forward.

1. Stretch forward long



Related muscles : lumbar muscles, pelvic muscles, square lumbar muscles and small muscles deep in the buttocks.

How to do it : Take a long step forward, curve your head at a 90 degree angle. Bring your right foot backwards, using your hand to stretch (*as shown*). After that, move your legs.

Having fun!

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