

5 simple exercises that help you check your body's flexibility

Below we will summarize 5 simple exercises at home so you can check whether your body is still flexible or not.

To stay healthy, do not simply build muscle and improve endurance. Improving body flexibility is also very important.

When we are born, our bodies have innate flexibility. But as we grow, we gradually lose that natural flexibility, which explains why babies are more likely to perform flexible movements on their bodies than adults.

A healthy and flexible body helps you feel relieved, healthy and minimize injuries in many situations. However, due to the impact of the current working environment, many people have lost or do not know their bodies are still flexible enough? Below we will summarize 5 simple exercises at home so you can check whether your body is still flexible or not.

1. Test your strength and toughness with this military exercise!
2. Reduce fatigue when sitting on a computer with a few simple movements

1. Check the flexibility of the shoulder joint



First, put your hands behind your back, then put your hands together on your back. Doing this often can help your shoulders become more flexible and less painful when you have to work for hours.

Is this action easy for you?

1. If the answer is "Yes", congratulations, you did very well or your body is still young.
2. If you make this move a bit difficult, you need to practice more.

If you find it too difficult to do so, you can replace it by: Carefully use the palm of this hand to hold the elbow on the other side of your back. Hold this posture for a few minutes.

2. Check the flexibility of the spine

1. 7 healthy spine protection exercises for you



Stand up straight with your legs together. Then slowly bent over, hands touching the floor. Doing this will help stretch the spine, relieve aches and pains.

1. If you can put your palms on the floor, your body is really flexible and supple.
2. If you can only put one finger on the floor, it can be considered quite good, but you need to train more.

If you can't reach your hands on the floor, then you really need to train your body even more, because your spine may have been inactive for a long time and it's no longer flexible.

3. Check the flexibility of the front and neck section



Kneel both feet on the floor and create a 90-degree angle, two feet close together. Then gently fall your head back and bring your hands to the heel. Doing this regularly will help your shoulders and ankles work more.

1. If you can't touch your hands on your heels, don't try too hard, because it can dislodge your joints, instead you can put your hands on your back to support your back when bending down. You need regular exercise, which warns your health is getting worse.
2. If you can easily touch your heel, it's great, congratulations. But when you return to your original position, remember to do it slowly to avoid injury.

4. Check the flexibility of hip joints

1. If you want to be healthy, quit the habit of sitting cross-legged





Step 4, you sit on the floor, one leg stretched out in front of you, the other leg shrinks so that the soles of the feet touch the other leg's thighs. Then slowly lower your body, reaching out to grasp the toes, perpendicular to the feet. Doing this daily movement will help your hip joints become more flexible.

1. With this gesture, if you can touch your forehead on your knees while your legs are still stretching for about 2 minutes, congratulations! This means that your hip joint is well stretched, your physiological age is also very young.
2. Conversely, if you can't touch your knees or legs that can't bend, it means your hip joints are quite stiff, the back thigh muscles are not elastic enough. You should spend a lot of time practicing sports, especially with this movement, you should do it every day.

5. Check knee flexibility

1. Sounds coming from the knee can lead to a risk of osteoarthritis





Starting with the High Plank position, you put the person down on the carpet as an anti-push posture, then push the person slowly backwards, raising the high buttock to the ceiling to create an inverted V position. Doing this will help your knees become healthier.

If you are young, this movement is not too difficult, you can easily do this move, which proves that your knee joint is extremely good and flexible. After completing this move, please return to the original posture gently, ensuring safety when practicing.

For people after the age of 30, at this time, the joints become stiffer, with the bends of the elbows, knees and back are also a challenge. So, if you are 30 years old and still do it easily, congratulations.

In case you do not pass this test, your body may be at risk of 50 years old and show that you are very lazy to practice. Take time to practice to have a healthy knee.

There are no movements that are too difficult for these tests. As long as your body is constantly practicing hard, you will be surprised with your body. You will feel healthy, supple and youthful outside of imagination.

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1. Odor on your body helps you to know your health

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