

30 DAY FULL BODY STRETCHING ROUTINE FOR FLEXIBILITY

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Staying flexible has always been one of my fitness goals. That's why I often do various stretching exercises in the morning to increase my muscle's flexibility and coordination throughout the body.

Flexible muscles help me perform better in sports and gyms and minimize my risk of injuries.

To perform stretching workouts effectively and achieve the best results, I've created a 30 day full body stretching routine for myself.

I've been following this routine for the last couple of weeks. And I thought there could be many people like me who want to get flexible and need a program.

Summary

Routine Duration	30 Days
Exercise Type	Stretching
Purpose	Improve flexibility, balance, muscle coordination, and bone health
Best Time	Morning
Frequency	Daily
Exercise Duration	15-20 minutes/Day
Target Gender	Male and Female
Program Level	Beginner to Intermediate
Equipment Needed	Yoga Mat

Day 1

Repeat Twice

- 15-sec Warrior I
- 15-sec Downward Facing Dog
- 15-sec Neck roll
- 15-sec Garland Pose
- 15-sec Half Forward Bend
- 15-sec Upward Salute
- 10-sec/side Low Lunge
- 15-sec Cobra Pose

Day 2

Perform two rounds

- **Warrior II:** 10-sec/side
- **Tree Pose:** 10-sec/side
- **Extended Side Angle:** 10-sec/side
- **Shoulder roll:** 15-sec
- **Cat Cow Pose:** 15-sec
- **Head to Knee Pose:** 15-sec
- **Child's Pose:** 15-sec
- **Butterfly Stretch:** 15-sec
- **Knee to Chest Stretch:** 15-sec/side

Day 3

Perform two rounds

- **Triangle Pose:** 10-sec/side
- **Reverse Warrior Pose:** 10-sec/side
- **Seated Forward Bend:** 15-sec
- **Glute Bridge:** 15-sec
- **Supine Spinal Twist:** 5 reps, 5 seconds each/side

- **Happy Baby Pose:** 15-sec
- **Cobbler's Pose:** 15-sec
- **Warrior I:** 15-sec

Day 4

Repeat twice

- **Standing Quad Stretch:** 10-sec/side
- **Upward Salute:** 15-sec
- **Half Forward Bend:** 15-sec
- **Standing Forward Bend:** 15-sec
- **Lunge with Spinal Twist:** 10-sec/side
- [Figure Four Stretch](#): 10-sec/side
- **Side Lunge:** 10-sec/side
- **Single-leg Hamstring Stretch:** 10-sec/side

Day 5

Repeat twice

- **Knee Hug:** 15-sec
- **Plank Pose:** 15-sec
- **Superman Fly:** 15-sec
- **Side Bend Stretch:** 10-sec/side
- **Low Lunge:** 10-sec/side
- **Warrior II:** 10-sec/side
- **Lunging Hip Flexor Stretch:** 10-sec/side
- **Supine Spinal Twist:** 5 reps, 5 seconds each/side

Day 6

Perform two rounds:

- [Pyramid Pose](#): 15-sec
- **Downward Facing Dog:** 15-sec

- **Locust Pose:** 15-sec
- **Kneeling Quad Stretch:** 10-sec/side
- **Cobra Pose:** 15-sec
- **Standing Side Bend:** 15-sec
- **Child's Pose with Reach:** 15-sec
- **Chair Pose:** 15-sec

Day 7

Perform two rounds:

- **Runner's Lunge:** 10-sec/side
- **Boat Pose:** 15-sec
- **Head-to-Knee Pose:** 10-sec/side
- **Heron Pose:** 10-sec/side
- **Extended Side Angle Pose:** 10-sec/side
- **Cat Cow Pose:** 5-sec each x 3
- **Half Frog Pose:** 10-sec/side
- **Bird Dog Plank:** 10-sec/side

Day 8

Perform two rounds

- **Revolved Triangle Pose:** 10-sec/side
- **Dolphin Pose:** 15-sec
- **Upward Facing Dog:** 15-sec
- **Gate Pose:** 10-sec/side
- **Pigeon Pose:** 10-sec/side
- **Low Lunge Arch:** 15-sec/side
- **The Goddess Pose Stretch:** 10-sec/side
- **Knee to Chest Stretch:** 15-sec/side

Day 9

Repeat twice:

- **Half Moon:** 10-sec/side
- **Warrior 3:** 10-sec/side
- **Bow Pose:** 15-sec
- **Extended Plank:** 20-sec
- **Heron:** 10-sec/side
- **Eye of the Needle pose:** 10-sec/side
- **Downward Facing Dog:** 15-sec
- **The Four-Limbed Staff:** 10-sec/side

Day 10

Perform two rounds:

- **Superman Pull:** 5 reps, 5 seconds each
- **Camel Pose:** 15-sec
- **Crescent Lunge:** 15-sec/side
- **Upward Plank:** 20-sec
- **Child's Pose:** 15-sec
- **Cow Face:** 15-sec
- **The Plow:** 15-sec
- **The Monkey pose:** 15-sec

Day 11

Do as many rounds as possible in 20 minutes

- **Sphinx:** 15-sec
- **Bound Angle:** 15-sec
- **Cobra Pose:** 15-sec
- **Reclining Hero:** 15-sec
- **Half Frog:** 10-sec/side

- **Intense Side Stretch:** 10-sec/side
- **Cat Cow Pose:** 5-sec/each x 3
- **Revolved Upward Mountain Pose:** 15-sec

Day 12

Do as many rounds as possible (AMRAP) in 20 minutes

- **Standing Locust Pose:** 15-sec
- **Reclined Thunderbolt Pose:**
- **Low Lunge Arch:** 10-sec/side
- **Warrior II:** 10-sec/side
- **Reverse Warrior Pose:** 10-sec/side
- **Triangle Pose:** 10-sec/side
- **Downward Facing Dog:** 15-sec
- **Extended Side Angle:** 10-sec/side

Day 13

AMRAP in 20 minutes:

- **Dancer Pose:** 10-sec/side
- **Intense Side Stretch Pose:** 10-sec/side
- **One-Legged Bridge Pose:** 5 reps, 5 seconds each/side
- **Knee to Chest Stretch:** 15-sec/side
- **Seated Forward Bend:** 15-sec
- **Glute Bridge:** 5 reps, 5 seconds each
- **Supine Spinal Twist:** 5 reps, 5 seconds each/side
- **Standing Quad Stretch:** 10-sec/side

Day 14

AMRAP in 20 minutes:

- **Child's Pose:** 15-sec
- **Cobra Pose:** 15-sec

- **Standing Forward Bend:** 15-sec
- **Lunge with Spinal Twist:** 10-sec/side x 2
- **Figure Four Stretch:** 10-sec/side
- **Single-leg Hamstring Stretch:** 10-sec/side
- **Superman Fly:** 5 reps, 5 seconds each
- **Side Bend Stretch:** 10-sec/side

Day 15

AMRAP in 20 minutes:

- **Floor IYT Raises:** 5-sec hold during each raise
- **Lying Windshield Wiper:** 5 reps/side
- **Bird Dog Plank:** 10-sec/side x 2
- **Cat Cow Pose:** 5-sec/each x 3
- **Locust Pose:** 15-sec
- **Extended Side Angle:** 10-sec/side
- **Pyramid Pose:** 15-sec
- **Kneeling Quad Stretch:** 10-sec/side
- **Bow Pose:** 15-sec

Day 16

AMRAP in 20 minutes:

- **Revolved Side Angle Pose:** 10-sec/side
- **Extended Puppy Pose:** 20-sec
- **Wide Angle Seated Forward Bend:** 15-sec/side
- **Low Lunge Arch:** 10-sec/side
- **Downward Facing Dog:** 15-sec
- **Runner's Lunge:** 10-sec/side
- **Extended Plank:** 20-sec
- **Extended Leg Bridge:** 10-sec/side
- **Boat Pose:** 15-sec
- **Crescent Lunge:** 15-sec/side

Day 17

AMRAP in 20 minutes:

- **Cobra Pose:** 15-sec
- **Warrior II:** 10-sec/side
- **Knee to Chest Stretch:** 15-sec/side
- **Triangle Pose:** 10-sec/side
- **Reverse Warrior Pose:** 10-sec/side
- **Supine Spinal Twist:** 5 reps, 5 seconds each/side
- **Dolphin Pose:** 15-sec
- **Head-to-Knee Pose:** 10-sec/side
- **High Lunge:** 15-sec/side

Day 18

AMRAP in 20 minutes:

- **Child's Pose:** 20-sec
- **Extended Side Angle:** 10-sec/side
- **Seated Forward Bend:** 15-sec
- **Glute Bridge:** 5 reps, 5 seconds each
- **Lunge with Spinal Twist:** 10-sec/side x 2
- **Superman Fly:** 5 reps, 5 seconds each
- **The Plow:** 15-sec
- **Pyramid Pose:** 15-sec
- **Dolphin Pose:** 15-sec

Day 19

AMRAP in 20 minutes:

- **Cat Cow Pose:** 5-sec/each x 3
- **Low Lunge Arch:** 15-sec/side
- **Standing Quad Stretch:** 10-sec/side

- **Standing Forward Bend:** 15-sec
- **Bird Dog Plank:** 10-sec/side x 2
- **Figure Four Stretch:** 10-sec/side
- **Floor IYT Raises:** 5-sec hold during each raise
- **Boat Pose:** 15-sec
- **Camel Pose:** 15-sec
- **Bow Pose:** 15-sec

Day 20

AMRAP in 20 minutes:

- **Downward Facing Dog:** 15-sec
- **Cobra Pose:** 15-sec
- **Reverse Warrior Pose:** 10-sec/side
- **Single-leg Hamstring Stretch:** 10-sec/side
- **Locust Pose:** 15-sec
- **Extended Plank:** 20-sec
- **Kneeling Quad Stretch:** 10-sec/side
- **Crescent Lunge:** 15-sec/side
- **Head-to-Knee Pose:** 10-sec/side
- **Half Moon:** 10-sec/side

Day 21

AMRAP in 30 minutes:

- **Mermaid pose:**
- **Warrior II:** 10-sec/side
- **Knee to Chest Stretch:** 15-sec/side
- **Glute Bridge:** 5 reps, 5 seconds each
- **Lying Superman Pull:** 5 reps, 5 seconds each
- **The Plow:** 15-sec
- **Runner's Lunge:** 10-sec/side
- **Dolphin Pose:** 15-sec
- **Pigeon Pose:** 10-sec/side
- **Upward Facing Dog:** 20-sec

Day 22

AMRAP in 30 minutes:

- **Child's Pose:** 20-sec
- **Extended Side Angle:** 10-sec/side
- **Triangle Pose:** 10-sec/side:
- **Seated Forward Bend:** 15-sec
- **Lunge with Spinal Twist:** 10-sec/side x 3
- **Boat Pose:** 15-sec
- **Bird Dog Plank:** 10-sec/side x 3
- **High Lunge:** 15-sec/side
- **Camel Pose:** 15-sec

Day 23

AMRAP in 30 minutes:

- **Cat Cow Pose:** 5-sec/each x 3
- **Low Lunge Arch:** 15-sec/side
- **Glute Bridge:** 5 reps, 5 seconds each
- **Supine Spinal Twist:** 5 reps, 5 seconds each/side
- **Standing Forward Bend:** 15-sec
- **Pyramid Pose:** 15-sec
- **Extended Plank:** 15-sec
- **Half Moon:** 10-sec/side
- **Floor IYT Raises:** 5-sec hold during each raise
- **Bow Pose:** 15-sec

Day 24

AMRAP in 30 minutes:

- **Downward Facing Dog:** 15-sec
- **Warrior II:** 10-sec/side

- **Reverse Warrior Pose:** 10-sec/side
- **Standing Quad Stretch:** 10-sec/side
- **Figure Four Stretch:** 10-sec/side
- **Kneeling Quad Stretch:** 10-sec/side
- **Pigeon Pose:** 10-sec/side
- **Warrior 3:** 15-sec/side
- **Crescent Lunge:** 15-sec/side

Day 25

AMRAP in 30 minutes:

- **Wheel Pose:** 10-sec
- **Cobra Pose:** 15-sec
- **Knee to Chest Stretch:** 15-sec/side
- **Lunge with Spinal Twist:** 10-sec/side x 3
- **Bird Dog Plank:** 10-sec/side x 3
- **Single-leg Hamstring Stretch:** 10-sec/side
- **Runner's Lunge:** 10-sec/side
- **Boat Pose:** 15-sec
- **The Plow:** 15-sec
- **Camel Pose:** 15-sec

Day 26

AMRAP in 30 minutes:

- **Child's Pose:** 20-sec
- **Extended Side Angle:** 10-sec/side
- **Triangle Pose:** 10-sec/side
- **Superman Fly:** 5 reps, 5 seconds each
- **Floor IYT Raises:** 5-sec hold during each raise
- **Head-to-Knee Pose:** 15-sec/side
- **High Lunge:** 15-sec/side
- **Dolphin Pose:** 15-sec

- **Upward Facing Dog:** 20-sec

Day 27

AMRAP in 30 minutes:

- **Cat Cow Pose:** 5-sec/each x 3
- **Low Lunge Arch:** 15-sec/side
- **Seated Forward Bend:** 15-sec
- **Supine Spinal Twist:** 5 reps, 5 seconds each/side
- **Pyramid Pose:** 15-sec
- **Kneeling Quad Stretch:** 10-sec/side
- **Half Moon:** 10-sec/side
- **[Bow Pose](#):** 15-sec
- **Warrior 3:** 15-sec/side
- **Floor IYT Raises:** 5-sec hold during each raise

Day 28

AMRAP in 30 minutes:

- **Intense East Stretch:** 10-sec/side
- **Downward Facing Dog:** 15-sec
- **Reverse Warrior Pose:** 10-sec/side
- **Glute Bridge:** 5-sec x 5
- **Extended Plank:** 20-sec
- **Standing Quad Stretch:** 10-sec/side
- **Runner's Lunge:** 10-sec/side
- **Revolved Triangle Pose:** 10-sec/side
- **Pigeon Pose:** 10-sec/side
- **Bird Dog Plank:** 10-sec/side x 3

Day 29

AMRAP in 30 minutes:

- **Warrior II:** 10-sec/side
- **Extended Side Angle:** 10-sec/side
- **Knee to Chest Stretch:** 15-sec/side
- **Standing Forward Bend:** 20-sec
- **Figure Four Stretch:** 10-sec/side
- **Boat Pose:** 15-sec
- **Dolphin Pose:** 15-sec
- **Camel Pose:** 15-sec
- **Upward Facing Dog:** 20-sec
- **Crescent Lunge:** 15-sec/side

Day 30

AMRAP in 30 minutes:

- **Cat Cow Pose:** 5-sec/each x 3
- **Child's Pose:** 20-sec
- **Low Lunge Arch:** 15-sec/side
- **Triangle Pose:** 10-sec/side
- **Supine Spinal Twist:** 5 reps, 5 seconds each/side
- **Locust Pose:** 15-sec
- **Head-to-Knee Pose:** 15-sec/side
- **The Plow:** 15-sec
- **High Lunge:** 15-sec/side
- **Warrior 3:** 15-sec/side

If it helps, you can support me through [PayPal](#).

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)