

World's Greatest Stretch

The “World’s Greatest Stretch” targets multiple body parts at once, and serves as a great mobility stretch to do before workouts, or after a long day of sitting/traveling.



Start in a high plank position with hands directly beneath your shoulders.



Step forward with one leg (in this case the left) into a lunge position, planting the foot outside of the left hand. The front knee should be bent at a 90° degree angle while the back knee remains straight.



Bend the left elbow to 90° and lower the forearm down towards the ground as far as you can. Maintain a flat back throughout. The supporting arm (right) remains straight.

Hold for 1 second.



Next rotate your torso toward the front leg, reaching the left arm up towards the ceiling. Both arms should be straight. Try to get as much rotation in the hips and shoulders as you can.

Hold for 1 second at the top before returning to the previous position.

Repeat 5 times for each side.