

Selection of stretch videos

Precise description of how to perform 21 static stretches with photos and target muscle groups involved

<https://www.self.com/gallery/essential-stretches-slideshow>

Video of a series of static stretches for the whole body

<https://www.youtube.com/watch?v=KJaWIBg15n0>

5 minute workout

<https://www.youtube.com/watch?v=2L2lnxIcNmo>

Fluid stretches

<https://www.youtube.com/watch?v=P8DOZRtIIEQ>

<https://www.youtube.com/watch?v=hf4IYSg1XpI>

<https://www.youtube.com/watch?v=PQLiXC31Nrk>