



STRETCHFIT APP

- ✓ Over 75 stretches and counting
- ✓ Stretch by muscle group or follow along classes
 - ✓ Fully integrated with your manual
 - ✓ Personal programs created for you





Browse Videos



Stretch by muscle group



Follow along classes



Explainer Videos

- CHOOSE FROM SEVERAL VIDEO OPTIONS

STRETCHFIT



Lateral Leg (outside of shin)

[Start Routine](#)



Anterior leg (front of shin and top of foot)

[Start Routine](#)



Posterior thigh (hamstrings)

[Start Routine](#)



Anterior thigh (Quads and hip flexors)

[Start Routine](#)

- **STRETCH BY MUSCLE GROUP**
- **3 OR MORE STRETCHES FOR EACH GROUP TO FIND THE ONE THAT WORKS FOR YOU**

Guided Classes

Guided Classes

Healthy Hips Classes Part A & B (28 mins)

Supple Spine (17 mins)

Supple Spine for stiff backs (16 mins)

Supple Spine lying passive (14 mins)

The Shoulders, Upper Back, and Chest Part A & B (25 mins)

Neck series(14 mins)

Flexible feet(18 mins)

Chest and shoulders(22 mins)

Full body StretchOut(1 hr 4 mins)

Full body stretchout Two (1 hr 2 mins)

Full body stretchout three (50 mins)

Healthy Hips Classes Part A & B (28 mins)

Guided Classes > Healthy Hips Classes Part A & B (28 mins)

IN PROGRESS



Healthy Hips

Follow along with a popular class for the big muscles of the hips including the hamstrings, quads, hip flexors, inner thighs and glutes. One side is explained and then time allowed for you to explore the other side.



● CHOOSE FROM A RANGE OF SPECIFIC OR FULL BODY CLASSES TO JOIN

CONTACT

Contact us now and see what special offers are currently available!

 Info@stretchfit.studio

