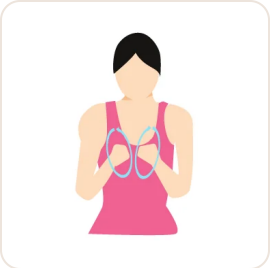
Stretch Minute stretchminute.com

6 stretches for guitarists and musicians

About 4 minutes | 6 stretches | Standing | no equipment

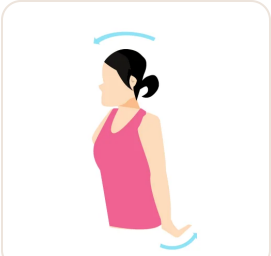
When: Before practice or a gig, between sets, or after a long session. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Wrist Circles

20 s

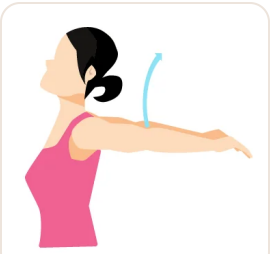
Clasp your hands loosely and circle your wrists. Change direction halfway.



2. Wrist and Forearm Stretch

20 s each side

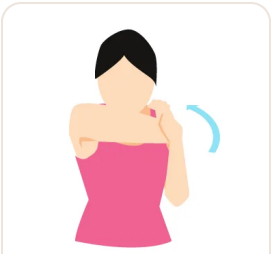
Straighten one arm in front of you. With the other hand, gently bend the wrist back.



3. Biceps Stretch

25 s

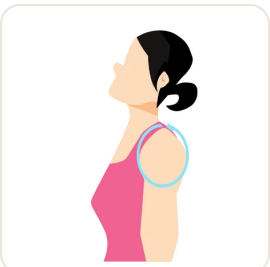
Clasp your hands behind your back, palms down. Lift your arms until the front of your arms stretches.



4. Cross-Body Shoulder Stretch

20 s each side

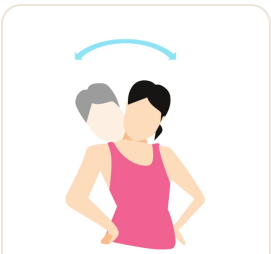
Bring one arm across your chest. Use the other hand to press it gently toward you.



5. Shoulder Rolls

30 s

Roll your shoulders forward in big circles, then backward. Keep your arms relaxed.



6. Ear to Shoulder

20 s each side

Let one ear drop toward your shoulder. Keep both shoulders down and relaxed.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "Musicians" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/musicians

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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