

Estirarse conjugation

to stretch (oneself)

REGULAR -AR VERB

Indicative tenses

PRONOUN	PRESENT	PRETERITE	IMPERFECT	FUTURE	CONDITIONAL
Yo I	me estiro <i>I stretch</i>	me estiré <i>I stretched</i>	me estiraba <i>I used to stretch</i>	me estiraré <i>I will stretch</i>	me estiraría <i>I would stretch</i>
Tú You	te estiras <i>you stretch</i>	te estiraste <i>you stretched</i>	te estirabas <i>you used to stretch</i>	te estirarás <i>you will stretch</i>	te estirarías <i>you would stretch</i>
Ella / Él / Ud She/he/you (fml)	se estira <i>s/he stretches</i>	se estiró <i>s/he stretched</i>	se estiraba <i>s/he used to stretch</i>	se estirá <i>s/he will stretch</i>	se estiraría <i>s/he would stretch</i>
Nosotras/os We	nos estiramos <i>we stretch</i>	nos estiramos <i>we stretched</i>	nos estirábamos <i>we used to stretch</i>	nos estiraremos <i>we will stretch</i>	nos estiraríamos <i>we would stretch</i>
Vosotras/os You (pl)	os estiráis <i>you (pl) stretch</i>	os estirasteis <i>you (pl) stretched</i>	os estirabais <i>you (pl) used to stretch</i>	os estiraréis <i>you (pl) will stretch</i>	os estiraríais <i>you (pl) would stretch</i>
Ellas/os / Uds They/you (pl fml)	se estiran <i>they stretch</i>	se estiraron <i>they stretched</i>	se estiraban <i>they used to stretch</i>	se estirarán <i>they will stretch</i>	se estirarían <i>they would stretch</i>

PRONOUN	PRESENT PERFECT	PAST PERFECT	FUTURE PERFECT	CONDITIONAL PERFECT
Yo I	me he estirado <i>I have stretched</i>	me había estirado <i>I had stretched</i>	me habré estirado <i>I will have stretched</i>	me habría estirado <i>I would have stretched</i>
Tú You	te has estirado <i>you have stretched</i>	te habías estirado <i>you had stretched</i>	te habrás estirado <i>you will have stretched</i>	te habrías estirado <i>you would have stretched</i>
Ella / Él / Ud She/he/you (fml)	se ha estirado <i>s/he has stretched</i>	se había estirado <i>s/he had stretched</i>	se habrá estirado <i>s/he will have stretched</i>	se habría estirado <i>s/he would have stretched</i>
Nosotras/os We	nos hemos estirado <i>we have stretched</i>	nos habíamos estirado <i>we had stretched</i>	nos habremos estirado <i>we will have stretched</i>	nos habríamos estirado <i>we would have stretched</i>
Vosotras/os You (pl)	os habéis estirado <i>you (pl) have stretched</i>	os habíais estirado <i>you (pl) had stretched</i>	os habréis estirado <i>you (pl) will have stretched</i>	os habríais estirado <i>you (pl) would have stretched</i>
Ellas/os / Uds They/you (pl fml)	se han estirado <i>they have stretched</i>	se habían estirado <i>they had stretched</i>	se habrán estirado <i>they will have stretched</i>	se habrían estirado <i>they would have stretched</i>

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Subjunctive tenses

PRONOUN	PRESENT	IMPERFECT	FUTURE
Yo I	me estire <i>I stretch</i>	me estirara <i>I stretched</i>	me estirare <i>I will stretch</i>
Tú You	te estires <i>you stretch</i>	te estiraras <i>you stretched</i>	te estirares <i>you will stretch</i>
Ella / Él / Ud She/he/you (fml)	se estire <i>s/he stretches</i>	se estirara <i>s/he stretched</i>	se estirare <i>s/he will stretch</i>
Nosotras/os We	nos estiremos <i>we stretch</i>	nos estiráramos <i>we stretched</i>	nos estiráremos <i>we will stretch</i>
Vosotras/os You (pl)	os estiréis <i>you (pl) stretch</i>	os estirarais <i>you (pl) stretched</i>	os estirareis <i>you (pl) will stretch</i>
Ellas/os / Uds They/you (pl fml)	se estiren <i>they stretch</i>	se estiraran <i>they stretched</i>	se estiraren <i>they will stretch</i>

PRONOUN	PRESENT PERFECT	PAST PERFECT	FUTURE PERFECT
Yo I	me haya estirado <i>I have stretched</i>	me hubiera estirado <i>I had stretched</i>	me hubiere estirado <i>I will have stretched</i>
Tú You	te hayas estirado <i>you have stretched</i>	te hubieras estirado <i>you had stretched</i>	te hubieres estirado <i>you will have stretched</i>
Ella / Él / Ud She/he/you (fml)	se haya estirado <i>s/he has stretched</i>	se hubiera estirado <i>s/he had stretched</i>	se hubiere estirado <i>s/he will have stretched</i>
Nosotras/os We	nos hayamos estirado <i>we have stretched</i>	nos hubiéramos estirado <i>we had stretched</i>	nos hubiéremos estirado <i>we will have stretched</i>
Vosotras/os You (pl)	os hayáis estirado <i>you (pl) have stretched</i>	os hubierais estirado <i>you (pl) had stretched</i>	os hubiereis estirado <i>you (pl) will have stretched</i>
Ellas/os / Uds They/you (pl fml)	se hayan estirado <i>they have stretched</i>	se hubieran estirado <i>they had stretched</i>	se hubieren estirado <i>they will have stretched</i>

Imperative

PRONOUN	AFFIRMATIVE	NEGATIVE
Tú You	estírate <i>(to you) stretch!</i>	no te estires <i>(to you) don't stretch!</i>
Usted You (fml)	estírese <i>(to you fml) stretch!</i>	no se estire <i>(to you fml) don't stretch!</i>
Nosotras/os We	estirémonos <i>let's stretch!</i>	no nos estiremos <i>let's not stretch!</i>
Vosotras/os You (pl)	estiraos <i>(to you pl) stretch!</i>	no os estiréis <i>(to you pl) don't stretch!</i>
Ustedes You (pl fml)	estírense <i>(to you pl fml) stretch!</i>	no se estiren <i>(to you pl fml) don't stretch!</i>

Past participle and gerund

Past participle	estirado <i>stretched</i>
Gerund	estirando <i>stretching</i>



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