

Keep in mind the following points when including stretching as part of your health and fitness program.

- Each stretching exercise should be maintained by the force within the body, no outside forces should contribute to your stretches.
- Avoid stretching to injured muscles, bones or joints.
- Do not stretch muscles that cause sharp pain or discomfort.
- Your stretches can be done at any time of the day. You can incorporate stretching into your workout such as between exercises.
- Correct stretching should feel comfortable with absolutely no pain. Pain should be avoided at all times during stretches.
- There should be no bouncing or excessive movements during your stretching.
- Your stretches should be performed slowly and under control.
- Your stretches should be held constant under mild tension from 15-60 seconds.
- Each stretch should be repeated from 2-3 times.
- Perform your stretches between 3-5 times per week.

Knees to chest stretch

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- · Lie on a mat, long back, chin tuck
- · Grasp knees one at a time
- · Draw knees to chest and relax
- · Hold for 30 seconds without effort
- · Repeat if desired

Twisting stretch

- · Lie on a mat, feel back along mat
- Knees bent to 90°
- · Gently lower legs to one side
- · Hold for 30 seconds without effort
- · Repeat on other side

Glute stretch



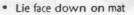
- Lie on a mat, knees bent to 90°
- Cross one leg over the other, pull leg in towards chest
- · Hold for 30 seconds without effort
- · Repeat on other side

Hamstring stretch



- · Draw one leg toward chest
- Extend at knee slowly, feel stretch
- Hold for 30 seconds without effort
- · Repeat with other leg

Cobra stretch



- Elbows bent, hands near shoulders
- Lift through trunk, arms supporting
 Avoid over arching, keep head tall
- Stop if you feel any pain

Child pose stretch



- Close at knee and hip
- Extend arms forward
- Relax through hips, tall through back
- · Hold for 30 seconds without effort
- Repeat if desired

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Arching cat stretch

- Kneel with arms supporting
- · Stay long through back
- · Arch up and draw in abdominals
- Hold for 5 seconds without effort
- Repeat a few times

Reverse cat stretch

- Kneel with arms supporting
- · Stay long through back
- · Reverse the arch from arching cat
- Hold for 5 seconds without effort
- · Repeat a few times if desired







Inner thigh stretch

- · Sit tall, feet together, knees to side
- · Press arms gently against thighs
- · Feel the stretch along inside of thighs
- · Hold for 30 seconds without effort
- Repeat if desired



Butt and back stretch

- · Sit tall on mat, bend one knee
- · Grasp knee and draw toward chest
- · Twist spine gently while holding knee
- · Hold for 30 seconds without effort
- · Repeat on other side



Hip flexor stretch

- · Kneeling, set one leg behind
- · Step the other leg out front
- · Extend arm and open at hip
- · Hold for 30 seconds without effort
- · Repeat on other side



Chest stretch

- · Standing tall near wall or doorway
- · Extend arm to contact wall
- Twist away from fixed arm
- · Hold for 30 seconds without effort
- · Repeat on other side



Quadricep stretch

- · Standing near wall, grasp one foot
- Keep knee pointed toward floor
- · Feel stretch down front of quad
- Hold for 30 seconds without effort
- · Repeat on other side



Notes



Calf stretch

- · Standing, one leg to rear, heel down
- · Bend knee of front foot
- · Allow knee of rear leg to bend
- · Hold for 30 seconds without effort
- · Repeat on other side



Upper back stretch

- Stand facing wall, a few feet back
- Place arms on wall
- Drop toward wall, arms extended
- Hold for 30 seconds without effort
- Repeat if desired



Mid / lower back stretch

- Standing grasping bar or fence
- · Let hips drop to rear, arch back
- · Feel the stretch through back
- · Hold for 30 seconds without effort
- · Repeat if desired



Shoulder stretch

- · Standing, kneeling or sitting
- Draw one arm across body
- · Hold toward shoulder with other arm
- · Hold for 30 seconds without effort
- · Repeat if desired



Tricep stretch

- · Standing, kneeling or sitting
- · Extend one arm, place behind head
- Support and position with other arm
- · Hold for 30 seconds without effort
- · Repeat if desired