



# Stretching Guide

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



- 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

## Cobra stretch



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

## 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

## 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

## 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

## 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

## Hamstring stretch



- Lie on a mat, knees bent to 90°
- Draw one leg toward chest
- Extend at knee slowly, feel stretch
- Hold for 30 seconds without effort
- Repeat with other leg

## 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

