

Static Stretches

Stretch 5-6 Days a week. Hold each stretch for at least 30-60 seconds. Challenge yourself with each stretch until you feel slight discomfort. You should never feel pain. Perform this full body stretch routine at any point after your workout and / or on your non-workout days. Do not bounce or hold your breath. Increasing your flexibility can improve your range of motion, reduce your chance for injuries, reduce minor aches and pains. Stretching can also help improve speed, quickness, and sports performance.

Chest Stretch

(Chest, front of shoulder, biceps, forearm) - Use wall.



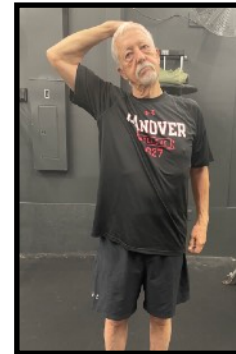
Back Stretch

(Lats, upper back, rear shoulder, lower back) - Use doorframe.



Neck Stretch

(Lateral flexion) - Muscles along the side of your neck.



Neck Stretch

(Flexion) - Muscles at the back of your neck. Gently pull down on your head with both hands.



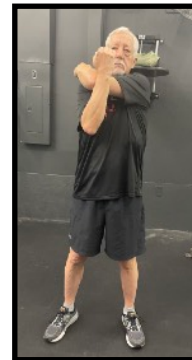
Tricep Stretch

(The back of your arm) - Pull your arm straight back.



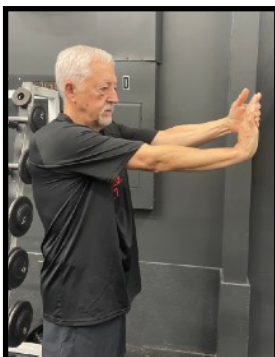
Rear Shoulder Stretch

Pull your arm across your body.



Wrist Flexor Stretch

(Bottom of forearm) - Pull your hand, thumb, and fingers straight back.



Wrist Extensor Stretch

(Top of forearm) - Pull your hand, thumb, and fingers straight down.



Lower Back Stretch

Use a bench, chair, or couch.



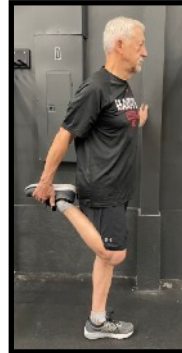
Hamstring Stretch
(The back of your leg) - Use a bench, side of your couch, or the side of your bed.



Hamstring Stretch (Alternate)
Use a chair.



Quadricep Stretch
(The front of your thigh)



Quadricep Stretch (Alternate)
Assistance with strap.



Inner Thigh Stretch
One leg is straight with toes pointed forward. The other leg is bent with toes pointed to the side. You may use a bench or chair for assistance.



Split Stretch (Inner Thigh Alternate)
(Stretching inner thigh, both legs at the same time) - Both Legs are straight and toes are pointed forward. You may use a bench, table, or chair for assistance.



Gluteal Stretch
(Primarily butt, outer thigh, and lower back) - May also stretch some of the inner thigh area.



Calf Stretch
(Primarily upper calf and achilles tendon. May include the lower calf to some degree.)



Soleus Stretch
(Primarily lower calf) - Slightly bend the knee of your back leg and your heel should lift off the floor. You should feel more in the lower calf near the ankle.



Plantar Stretch
(The bottom of your foot / the calf and achilles tendon as well) - On your forward leg, use the door frame to bend your toes backward.

