

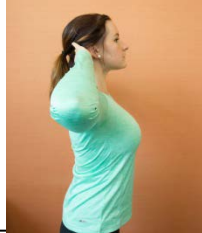
Stretching Basics

1 – Neck



- Bend your head slightly forward and to the side.
- Gently pull your head towards your shoulder.

2 – Chest



- Place your hands behind your head.
- Squeeze your shoulder blades together, bringing your elbows back as far as possible.

3 – Rear Deltoids



- Bring your arm across your body and hold it either above or below the extended elbow.

4 – Triceps



- Lift one arm and bend it behind your head as if patting yourself on the back.
- Place your other hand on the bent elbow and pull back.

5 – Upper Back



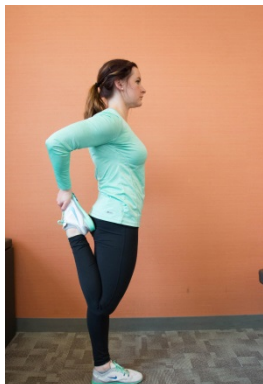
- Stand in a relaxed position with your arms extended in front of you.
- Slowly reach forward feeling the shoulder blades separate as you round the upper back.

6 – Lower Back



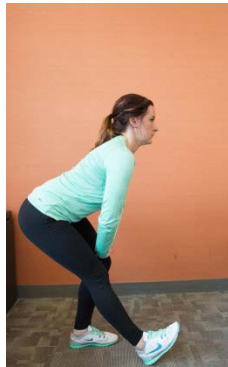
- Bring your knee as close to your chest as comfortably possible.
- Keep the opposite leg relaxed in a comfortable position with your knee bent or extended.

7 – Quadriceps



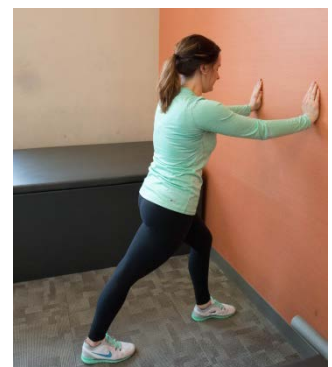
- Grab your ankle and gently pull your foot up and forward.
- Tighten your stomach muscles and keep your knees close together.

8 – Hamstrings



- Stand with one leg straight and toes pointed up with the supporting leg slightly bent.
- Keep your back straight with head and chest up and open
- Slowly hinge at the waist.

9 – Calves



- Place feet in a staggered stance.
- Slowly bend your front knee forward, keeping your back knee straight and your heel on the floor.
- Keep your back straight and your hips forward.

Stretching Basics

Static stretching tends to focus more on individual muscles or smaller muscle groups, and is done without activating other muscles or movement. Static stretches are quick and easy to do regularly.

Benefits of stretching:

- Stimulates local circulation.
- Increases ability to remove metabolic waste and deliver oxygen and nutrition to the muscles.
- Keeps your muscles and soft tissues supple and healthy.
- Helps you do the things you do all day, every day, that much easier.
- Helps you to maintain good Range Of Motion (ROM) in your joints.
- Helps prevent injury both in sport & physical exercise as well as in the activities of everyday life.

Rules to Safe Stretching:

- Warm-up prior to stretching.
- Never stretch an injured or damaged muscles, tendons, etc.
- Assume the stretch start position and comfortably apply the stretch as directed. Once you feel tension through the target muscle, hold the position for 10-60 seconds then gently release. Repeat 2-4 times.
- Breathe slowly and easily.
- Stretch only to the point of tension - never 'bounce' or apply ballistic aspects to your stretches.
- Stretch all major muscles, and opposing muscles, gently and slowly.
- Avoid unnecessary twisting or bending.
- STOP immediately if there is pain.
- Stretch may be done after exercise or warm up.
- Complete 2-3 times per week, with daily being the most effective.