

# Stretch and Flex

## Stretching Principles

- Only stretch to your level of comfort
- Stand with feet spread shoulder-width apart and knees slightly bent
- Move in and out of stretches slowly (2-3 seconds each)
- Hold each stretch for 8-10 seconds at a gentle level and breathe normally throughout
- Protect your back by keeping your head up and eyes forward
- Relax fully after each stretch

## Warm Up

### Warming muscles through large muscle group rhythmic activity

- Step side to side (8 times)

### While continuing to side step perform the following:

- Shoulder shrug motion (8 times)
- Bench press motion (8 times)
- Incline press motion (8 times)
- Backstroke motion (8 times)



## Shot Put

### Continue warm up

- With one foot planted, turn your body toward the planted foot and reach high
- Remember to pivot opposite foot to avoid back strain
- Switch planted foot and repeat in other direction

### Repeat entire motion 8 times:

- Reach high above your head
- Reach straight out in the middle of body
- Reach low towards waist



## Skyward Reach

### Targets biceps, lats, forearms, spinal muscles

- Reach straight up, hands forward, rise on toes and hold
- Continue reaching but lower heels and flex wrists so fingers point down
- Turn hands in and hold
- Turn hands out and hold
- Bring arms down slowly



## Chest

### Targets chest, biceps, and forearms

- Extend your arms fully in front of your body and parallel to the ground
- Spread your arms slowly until they are straight out at your sides
- Slowly pull arms in at elbow and push back out



## Tricep

### Targets triceps and lats

- Stand straight with slightly bent knees, feet shoulder width apart and head up
- Raise your right arm and place your palm between your shoulder blades
- With your left hand grasp your right elbow and pull up and back gently
- Repeat sequence with your left arm



## Shoulder

### Targets Shoulders and upper back

- Keeping your hips and shoulders straight ahead extend your right arm straight forward and thumb up
- Maintaining that position swing the arm leftward until it is close to your chest
- Turn your head in the opposite direction and grasp your right elbow with your left hand pulling gently
- Repeat sequence with your left shoulder



## Neck

### Targeting neck and collar muscles

- Tilt your head slowly forward and tuck your chin
- Next, with head up and eyes forward tilt your head to the right while extending your left arm, palm parallel to the ground pushing downward



## Forearm

### Targets Wrists, Hands, and Forearms

- Extend your right arm and raise your hand at the waist, with fingers pointing up
- With your left hand, pull fingers/palm back gently to the level of comfort
- Next, point fingers down and with thumb behind wrist press against the back of your right hand
- Repeat sequence for the left arm



## Shoulder Release

### Targets Shoulders and Upper Back

- Stand with feet spread shoulder-width apart
- Extend arms behind back and clasp hands
- Tilt your wrists upward slightly
- Pull your hands up gently by bending at elbows; hold the stretch



## Calf

### Targets calves and achilles tendon

- Stand with your left foot forward
- Extend your right foot 2-3 feet backward in line with your left foot
- Keep your back straight, head up, eyes forward and both heels flat on the ground
- Bend your left knee slowly and lean forward until you feel the stretch, bracing both hands on your left knee
- Repeat sequence for left calf



## Hamstring

### Target Hamstrings and Back Thighs

- Extend right foot at a slight angle, 1-2 feet in front of left foot
- Lift toes on right foot, keeping the heel on the ground
- Lean forward slightly at the waist and brace yourself with both hands on left thigh
- To enhance this stretch, draw your toes up further or extend them down
- Repeat sequence for the left hamstring



## Quadricep

### Targets front thighs

- Stand upright on left leg and bring your right foot up behind your thigh, keep your knees together
- Grasp the foot with your right hand and pull up gently
- Bring right heel close to your buttocks and hold the stretch
- To enhance this stretch, push foot against hand or pull leg back
- Repeat sequence for left thigh



## Squats

### Targets quads, hamstrings, and glutes

- Stand with your feet flat and spread slightly more than shoulder width apart
- Bend slowly at the knees, lowering your rear end back and down
- Always protect your back by keeping your head up and eyes forward
- Keep your knees behind the plant of your toes and thighs parallel with the ground
- Keeping your weight on your heels, rise slowly
- Repeat sequence 5-10 times

