



Your Guide to Stretching & Flexibility



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A guide to help you safely improve your stretching and flexibility.

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Stretching & Flexibility

This booklet was designed as a guide to help you begin a safe, and effective stretching program. The booklet includes stretching and flexibility training guidelines, and illustrations of stretches you can perform. We recommend that you read the stretching and flexibility training guidelines prior to performing any stretches. We hope you enjoy the results you can attain with regular practice of your stretching program.

If you have any questions regarding this exercise booklet, please contact MHealthy:

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Stretching is one of the basic components of a sound exercise program. Good flexibility is not only important for exercise, but also for daily activities such as bending down to put on socks or reaching overhead to grab a tool in your garage. Regular stretching should be incorporated into your daily exercise routine.

Stretching & Flexibility Training

Stretching is one of the basic components of a sound exercise program. Good flexibility is not only important for exercise, but also for daily activities such as bending down to put on socks or reaching overhead to grab a tool in your garage. Regular stretching should be incorporated into your daily exercise routine.

WHY SHOULD I STRETCH?

- To improve your flexibility.
- To improve muscle performance.
- To promote better circulation.
- To reduce the chance of muscular injuries.
- To help prevent muscular stiffness and soreness.
- To help reduce tension and to encourage relaxation.
- To help you develop better awareness of your body.

WHEN SHOULD I STRETCH?

- After your warm-up but before you begin your physical activity, primarily to loosen muscles.
- After your physical activity, primarily to increase flexibility and improve your range of motion.

HOW DO I STRETCH?

- Stretch in a slow relaxed manner.
- Stretch until you feel a slight discomfort in the muscle.
- Hold each stretch for at least 20 seconds.
- Repeat each stretch one or more times.
- Don't bounce.
- Never stretch to the point of feeling pain.
- Breathe normally.

WHAT DO I STRETCH?

- Concentrate on the muscles you are going to use, or have used during your activity.
- Emphasize any area that is particularly tight.

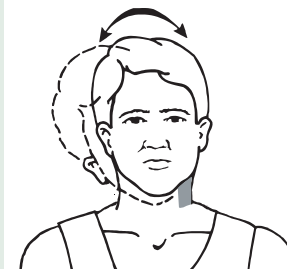
Stretching Exercises

NECK: BENDERS

Tilt head to the side toward one shoulder.

Hold for 20-30 seconds.

Repeat one or more times with each side.



NECK: ROTATORS

Turn head slowly to look over one shoulder.

Hold for 20-30 seconds.

Repeat one or more times with each side.



ARMS: BICEPS

With arms straight and fingers interlaced behind back, raise hands toward ceiling.

Hold for 20-30 seconds.

Repeat one or more times.

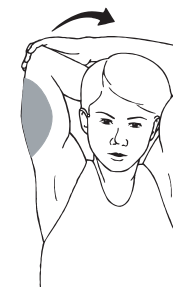


ARMS: TRICEPS

Bend elbow and place hand of bent arm on back of neck. Using the other hand, pull elbow behind head.

Hold for 20-30 seconds.

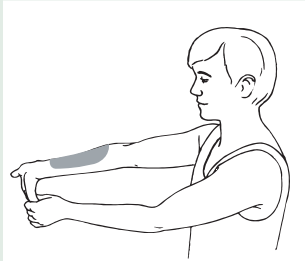
Repeat one or more times with each side.



ARMS: WRIST FLEXORS

Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward. Repeat with other arm.

Hold for 20-30 seconds.
Repeat one or more times.



SHOULDERS: DELTOID/RHOMBOIDS

Pull right arm across chest with left hand. Turn head away from pull. Repeat with other arm.

Hold for 20-30 seconds.
Repeat one or more times.



NECK: TRAPEZIUS

Tilt head to left side. With arms behind back, use left hand to pull right arm over and down to the left.

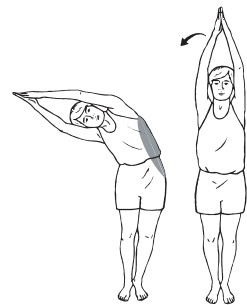
Hold for 20-30 seconds.
Repeat one or more times with each side.



CORE: OBLIQUE/INTERCOSTALS

Stand erect with hands overhead and palms together. Bend the body to the side. Switch sides.

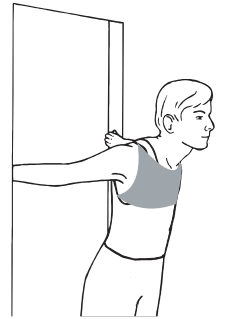
Hold for 20-30 seconds.
Repeat one or more times.



CHEST: PECS

Grab both sides of doorway one inch below shoulder height. Lean forward until stretch is felt in chest. Keep back straight and feet shoulder width apart.

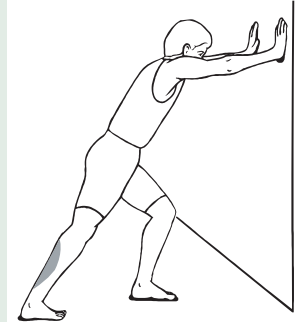
Hold for 20-30 seconds.
Repeat one or more times.



LEGS: CALVES

Place hands on wall and stagger feet two to three feet apart. Keep back leg straight with heel on floor. Lean into the wall until stretch is felt in calf. Repeat with other leg.

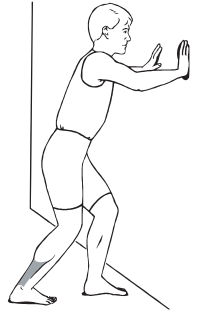
Hold for 20-30 seconds.
Repeat one or more times.



LEGS: ACHILLES/SOLEUS

Place hands on wall and stagger feet one to two feet apart. Keep back leg slightly bent with heel on floor. Lean into wall until a stretch is felt in achilles. Repeat with other leg.

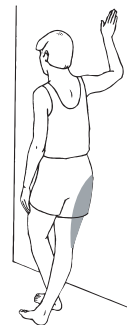
Hold for 20-30 seconds.
Repeat one or more times.



HIP: ABDUCTORS

Cross right leg behind the left. Lean right hip toward wall while bending left knee. Keep right knee straight. Repeat with left leg behind right.

Hold for 20-30 seconds.
Repeat one or more times.



LEGS: QUADRICEPS

Lie on side with knees bent and hold top foot with same-side hand. Pull heel in toward buttock, keeping knees in line and hip pressed forward.

Hold for 20-30 seconds.
Repeat one or more times with each leg.



HIP: INTERNAL ROTATORS

Lie on back and gently pull right foot and knee toward right shoulder. Repeat with other leg.

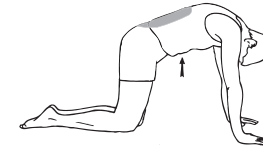
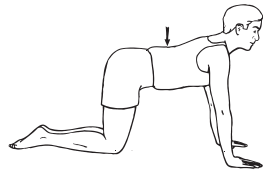
Hold for 20-30 seconds.
Repeat one or more times.



BACK: LUMBAR EXTENSORS

With head raised up and lower back slightly arched, tuck chin to chest and round back toward ceiling. Return to starting position.

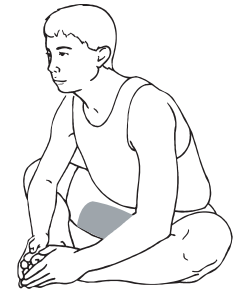
Hold the arched and round back positions briefly.
Repeat one or more times.



LEGS: GROIN

Place soles of feet flat together. Gently lean forward and push down on knees with forearms.

Hold for 20-30 seconds.
Repeat one or more times.



BACK: LUMBAR EXTENSORS

Grasp hands underneath knee joint and bring knee to chest. Repeat with other leg.

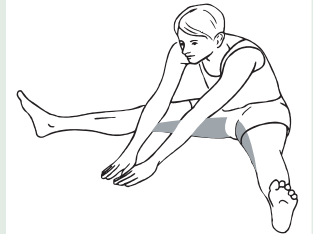
Hold for 20-30 seconds.
Repeat one or more times.



LEGS: ADDUCTORS/GROIN

With legs apart, knees straight and back straight slide hands forward.

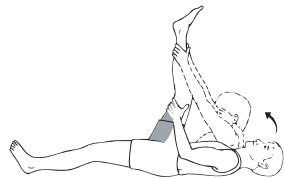
Hold for 20-30 seconds.
Repeat one or more times.



LEGS: HAMSTRINGS

With head raised up and lower back slightly arched, tuck chin to chest and round back toward ceiling. Return to starting position. Hold the arched and round back positions briefly.

Repeat one or more times.



HIP: EXTERNAL ROTATORS

Place left leg over right and bring right arm to the outside of left leg. Press left leg across body with right elbow. Turn head and look over left shoulder.

Hold for 20-30 seconds.
Repeat one or more times.

