



Stretching Guidelines:

- Never stretch cold muscles.
- Stretch after each workout, taking care to stretch every muscle worked.
- Hold stretches for 15-30 seconds. Length of stretch is important. For the first couple of seconds your muscles exhibit the myotatic stretch reflex, which feels like a mild resistance or pulling against the stretch. This is a protective measure to prevent tearing. Once your body senses that the stretch is safe, your muscles will relax and you can reap the benefits of the stretch.
- Breathe.
- Don't bounce.

Full-Body Routine:

- Neck – lean right ear toward right shoulder. To increase intensity, reach left arm toward the ground. Repeat on left side, front, and back.
- Shoulders – extend right arm in front of the body, shoulder height, palm down. Grasp elbow with left hand and pull right arm across chest. Repeat on left side.
- Triceps – with right hand, pat yourself on the back. With left hand gently pull elbow back and toward your head. Repeat on left side.
- Lats – place palms on the ball, arms fully extended. Press shoulders down toward the ground and slowly roll the ball to one side to intensify the stretch as needed. This can also be done using a wall, doorway or chair.
- Chest – kneeling with right arm bent to 90 degrees, place elbow on ball and press shoulder down toward the ground. Slowly roll ball to intensify stretch and to stretch all fibers of the chest.
- Hip flexors and abdominals – lying prone, support upper body with elbows. Extend arms, gently lifting head and upper body off the ground. Press hips into the floor. (if you have a lower-back injury, avoid this stretch).
- Glutes – lie on your back, cross one foot over the opposite knee, resting your ankle on your thigh. Grasp back leg and pull toward you while pressing crossed knee down to intensify stretch.
- Hamstrings – sitting on the floor with legs extended, knees straight, lean forward and reach for your toes. Keep back and knees straight.
- Inner thighs – sitting on the floor with soles of feet together and knees apart, press knees toward the floor. Lean forward and press knees down with elbows to intensify the stretch.
- Calves – standing close to the wall, place the front half of your right foot onto the wall and press hips forward. Keep leg straight or bend slightly to stretch Achilles tendon. Repeat with left leg.
- Quads - stand close to the wall or a chair for support. Grasp your right foot with your right hand. Stand with your back straight and push right knee back to intensify the stretch. Repeat with left leg.