



Stretching

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Fitness

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Staying
Fit

Calf/Achilles Tendon

Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 10-30 seconds. Repeat with other leg.



Repeat 3-4 times.
Do 1 sessions per day.

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 10-30 seconds. Repeat with other leg.



Repeat 3-4 times.
Do 1 sessions per day.

Achilles Tendon

With back foot flat and toes turned slightly inward, lower hips and bend knees until stretch is felt. Hold 10-30 seconds. Repeat with other leg.



Repeat 3-4 times.
Do 1 sessions per day.

Lats

From starting position, bend the body to the side as far as possible until stretch is felt. Hold 10-30 seconds. Repeat to other side.



Repeat 3-4 times.
Do 1 sessions per day.

Groin

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 10-30 seconds.



Repeat 3-4 times.
Do 1 sessions per day.

Chest

Clasp hands behind head. Have partner pull arms back until stretch is felt. Hold 10-30 seconds.



Repeat 3-4 times.
Do 1 sessions per day.

Basic Stretches

This is a set of full body stretches that can be used whether you are just starting out or are more experienced. It will prepare you for just about any workout or physical activity. The stretches themselves are basic and easy to follow. Remember to warm up first and never stretch to the point of pain. Know your body's limits. Hold each stretch for 10-15 seconds, repeating two or three times, depending on how you feel.

GUIDELINES: Stretch each body part 1-2 times
Hold each stretch for 10-30 seconds
DO NOT BOUNCE!

Neck

Turn head slowly to look over one shoulder. Hold 10-30 seconds. Repeat toward other shoulder.



Bend head forward. Hold 10-30 seconds. Return to starting position.



Repeat 3-4 times.
Do 1 sessions per day.

Slowly tilt head toward one shoulder. Hold 10-30 seconds. Repeat toward other shoulder.



Repeat 3-4 times.
Do 1 sessions per day.

Shoulder

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 10-30 seconds. Repeat with other arm.



Repeat 3-4 times.
Do 1 sessions per day.

With fingers interlaced and palms out, straighten arms in front of you until stretch is felt. Hold 10-30 seconds.



Repeat 3-4 times.
Do 1 sessions per day.

Arms

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 10-30 seconds.



Repeat 3-4 times.
Do 1 sessions per day.

Low Back

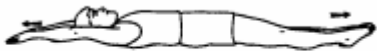


Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 10-30 seconds. Repeat with other leg. Repeat 3-4 times. Do 1 sessions per day.



Keeping back flat and feet together, rotate knees to one side. Hold 10-30 seconds. Repeat to other side. Repeat 3-4 times. Do 1 sessions per day.

Back



From lying position, extend both hands and feet until stretch is felt. Hold 10-30 seconds. Repeat 3-4 times. Do 1 sessions per day.



Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold 10-30 seconds. Repeat 3-4 times. Do 1 sessions per day.



From starting position, tuck chin and tighten stomach while arching back. Hold 10-30 seconds. Repeat 3-4 times. Do 1 sessions per day.

Hamstring



With hands on ankle, pull head toward knee and hold 10-30 seconds. Repeat with other leg. Repeat 3-4 times. Do 1 sessions per day.



Gently pull foot and knee toward shoulder, rotating at hip. Hold 10-30 seconds. Repeat with other leg. Repeat 3-4 times. Do 1 sessions per day.



With back against wall, gently pull leg toward chest until stretch is felt. Hold 10-30 seconds. Repeat with other leg. Repeat 3-4 times. Do 1 sessions per day.

Outer Thigh



With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold 10-30 seconds. Repeat with other side. Repeat 3-4 times. Do 1 sessions per day.

Straddle Sit



With legs apart, slide hands forward until stretch is felt. Hold 10-30 seconds. Repeat 3-4 times. Do 1 sessions per day.

Quad



Holding one foot with same-side hand, raise leg until stretch is felt. Hold 10-30 seconds. Repeat with other side. Repeat 3-4 times. Do 1 sessions per day.



From starting position, raise leg until stretch is felt. Hold 10-30 seconds. Repeat with other leg. Repeat 3-4 times. Do 1 sessions per day.

Modified Runner's Stretch



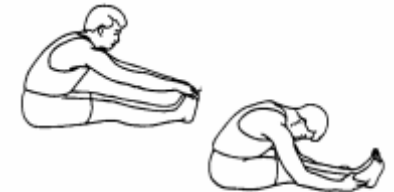
From position shown, slide foot back and move trunk forward until stretch is felt. Hold 10-30 seconds. Repeat with other foot. Repeat 3-4 times. Do 1 sessions per day.

Standing Hamstring



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 10-30 seconds. Bend knees further to return to standing position. Repeat 3-4 times. Do 1 sessions per day.

Long Sit Hamstring



With hands on toes, pull torso forward and bend head toward knees until stretch is felt. Hold 10-30 seconds. For more stretch, pat hands on ankles. Repeat 3-4 times. Do 1 sessions per day.

Hamstring



With hand behind knee, pull leg forward until stretch is felt. Hold 10-30 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg. Repeat 3-4 times. Do 1 sessions per day.

Soleus



With toes even with knee, and heel 1" off floor, gently lean forward and lower heel toward floor until stretch is felt. Do not let heel touch floor. Hold 10-30 seconds. Repeat with other heel. Repeat 3-4 times. Do 1 sessions per day.