

Stretching Rules & Guidelines

Stretching is a key component of any fitness program. It helps to improve flexibility, reduce the risk of injury, and aid in recovery. Here are some rules and guidelines to follow:

1. Warm up first: Always warm up for 5-10 minutes before stretching.
2. Breathe: Inhale as you stretch and exhale as you relax.
3. Hold for 15-30 seconds: Don't rush the stretch.
4. Repeat 2-3 times: Consistency is key.
5. Listen to your body: Don't push into pain.
6. Stretch regularly: Daily stretching is best.
7. Focus on form: Proper technique is crucial.
8. Stay hydrated: Drink water before and after.
9. Use props: Chairs, walls, and foam rollers can help.
10. Be patient: Flexibility takes time to develop.

Remember, stretching should be a pleasant part of your routine, not a chore.

Stretching Why you need to!

Stretching is a crucial part of any fitness routine. It helps to improve flexibility, reduce the risk of injury, and aid in recovery. Here are some reasons why you need to stretch:

- Improves flexibility: Regular stretching helps to lengthen muscles and increase their range of motion.
- Reduces the risk of injury: Flexible muscles are less likely to be strained or torn.
- Aids in recovery: Stretching helps to reduce muscle soreness and speed up the recovery process.
- Improves posture: Stretching helps to align the body and improve overall posture.
- Enhances performance: Flexible muscles can contract more efficiently, leading to better performance.
- Promotes relaxation: Stretching helps to reduce stress and tension in the body.

Remember, stretching should be a consistent part of your routine, not just an afterthought.

The Stretching Poster



Shoulder and Upper Back Stretch
Stand with your back to a partner, feet together. Each person reaches their arms behind the other's back, pulling the elbows towards the spine. Hold for 15-30 seconds.



Hip and Lower Back Stretch
Sit on the edge of a chair with your feet flat on the floor. Lean forward from the hips, reaching your hands towards your knees. Hold for 15-30 seconds.



Side Body Stretch
Stand with your feet together. Bend your torso to the right, reaching your right arm over your head. Hold for 15-30 seconds. Repeat on the left side.



Triceps Stretch
Stand with your feet together. Bend your right arm, bringing your hand towards your shoulder. Use your left hand to gently pull the elbow down. Hold for 15-30 seconds. Repeat on the left side.



Hamstring Stretch
Stand with your feet together. Bend forward from the hips, reaching your hands towards your ankles. Hold for 15-30 seconds.



Chest and Shoulder Stretch
Stand with your back to a partner. Each person reaches their arms behind the other's back, pulling the elbows towards the spine. Hold for 15-30 seconds.



Neck and Shoulder Stretch
Stand with your feet together. Tilt your head to the right, reaching your right arm over your head. Hold for 15-30 seconds. Repeat on the left side.



Side Body Stretch
Stand with your feet together. Bend your torso to the right, reaching your right arm over your head. Hold for 15-30 seconds. Repeat on the left side.



Hip Flexor Stretch
Lie on your stomach with your knees bent. Lift one leg, pulling the knee towards your chest. Hold for 15-30 seconds. Repeat on the other side.



Hamstring Stretch
Lie on your back with your knees bent. Lift one leg, pulling the knee towards your chest. Hold for 15-30 seconds. Repeat on the other side.



Side Body Stretch
Stand with your feet together. Bend your torso to the right, reaching your right arm over your head. Hold for 15-30 seconds. Repeat on the left side.



Hip and Lower Back Stretch
In a quadrupedal position, lift one leg, pulling the knee towards your chest. Hold for 15-30 seconds. Repeat on the other side.



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In a quadrupedal position, lift one leg, pulling the knee towards your chest. Hold for 15-30 seconds. Repeat on the other side.



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Hip and Lower Back Stretch
In a quadrupedal position, lift one leg, pulling the knee towards your chest. Hold for 15-30 seconds. Repeat on the other side.



Hip Flexor Stretch
Sit on the floor with your knees bent. Lift one leg, pulling the knee towards your chest. Hold for 15-30 seconds. Repeat on the other side.



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All illustrations shown on this poster have been taken from The Stretching Handbook. For more information go to www.TheStretchingInstitute.com or call 1-800-555-5555.

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