

Useful Stretches

When stretching, always remember to use slow, controlled motions to get into the position. (Don't bounce, that would be dangerous!) If you hold any stretch for more than 30 seconds, it becomes a developmental stretch, which helps to tone your muscles, as well, not just to stretch them. Do these longer stretches always when your muscles are warm.

Quadriceps (Front Thigh) Stretch



QUADRICEPS STRETCH

Stand and (if necessary) hold onto something.

Grasp the top part of your ankle and pull your foot toward your buttock until you feel a stretch on the front part of your thigh.

Make sure both of your knees remain next to each other.

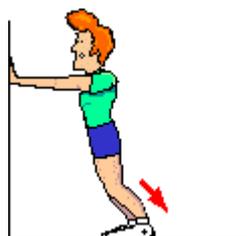
Hamstring Stretch



Hamstring Stretch
Hold Stretch 30 seconds
2-3 times, each leg

Lie on your back and with the help of a pilates band or a towel lift one leg at a time up to a 90 degree position. Keep your feet parallel to the ceiling.

Calf Stretch



Stand about three feet from a wall, feet firmly on the ground, shoulder-width apart. Put your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves. Do it alternately to stretch one calf at a time.

Groin Stretch



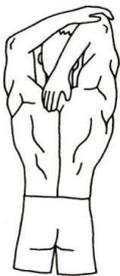
This stretch is done in the standing position with your hands on your hips. Lean to one side first and bend this knee while keeping the other leg straight. Both feet should be pointing forward. Repeat for this other side.

Side Stretch



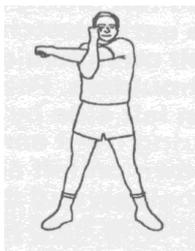
Stand in a comfortable position with your feet shoulder width apart. Extend your left arm over your head and bend at the waist to the right. Hold for 30 seconds. Repeat this process with the right arm over your head and bending to the left.

Triceps Stretch



Place one of your palms on your corresponding shoulder, while push your elbow with the other hand, as far back behind as it goes.

Shoulder Stretch



Bring out one arm to the side, then move it across your body to the other side, and push it back with other arm, just under the elbow. Keep your elbow slightly bent.

Trapezius Stretch



Reach forward with both arms and link hands together at chest height.
Push arms forwards, as though “hugging a tree”.
Feel the stretch in your upper back.

Chest Stretch



While standing, put your palm into your other palm behind your back,
and lift this entity of your hands upwards.