

Stretching Rules & Guidelines

Remember the following stretching rules and guidelines to ensure you get the most out of your stretching routine and avoid injury:

- **Warm up:** Always warm up before stretching. A light jog or some dynamic stretching will help to increase blood flow to the muscles and prepare them for the static stretching to follow.
- **Hold the stretch:** Hold each stretch for at least 30 seconds. This allows the muscle fibers to relax and lengthen.
- **Breathe:** Breathe deeply and steadily while stretching. Holding your breath can tense the muscles and increase the risk of injury.
- **Don't bounce:** Avoid bouncing or jerking movements while stretching. This can cause micro-tears in the muscle fibers.
- **Listen to your body:** Stretch to the point of mild discomfort, not pain. If you feel sharp pain, stop immediately.
- **Consistency:** Stretching regularly is more effective than stretching once in a while.
- **Focus on form:** Pay attention to your posture and alignment while stretching to ensure you are targeting the right muscles.

By following these rules and guidelines, you can safely and effectively improve your flexibility and reduce the risk of injury.

Stretching Why you need to!

Stretching is a simple yet effective activity that helps to improve flexibility, prevent injury, and enhance performance. Here are some reasons why you need to stretch:

- **Improves flexibility:** Regular stretching helps to increase the range of motion in your joints, making it easier to perform everyday activities and sports.
- **Prevents injury:** Flexible muscles are less likely to be strained or torn during physical activity.
- **Enhances performance:** Improved flexibility can lead to better posture, balance, and coordination, which can enhance your performance in various sports and activities.
- **Reduces muscle tension:** Stretching helps to release tight muscles and reduce overall muscle tension, which can lead to a more relaxed state.
- **Improves circulation:** Stretching increases blood flow to the muscles, which can help to deliver oxygen and nutrients more efficiently.
- **Aids in recovery:** Stretching after exercise can help to reduce muscle soreness and speed up the recovery process.

Remember, stretching should be done consistently and correctly to achieve the best results. Consult a professional if you have any concerns or injuries.

The Stretching Poster



Shoulder and Upper Back Stretch: Stand with your feet hip-width apart, arms extended straight out to the sides. Gently pull your right arm across your back, holding it with your left hand. Hold for 30 seconds, then switch sides.



Side Torso Stretch: Sit on a chair with your feet flat on the floor. Lean forward and to your right side, reaching your right arm down towards your knee. Hold for 30 seconds, then switch sides.



Neck and Shoulder Stretch: Stand with your feet hip-width apart. Tilt your head to your right, then pull your right arm across your chest with your left hand. Hold for 30 seconds, then switch sides.



Triceps Stretch: Stand with your feet hip-width apart. Bend your right arm at the elbow, pulling your hand behind your head. Gently pull your elbow towards your shoulder. Hold for 30 seconds, then switch sides.



Hamstring Stretch: Stand with your feet hip-width apart, legs straight. Lean forward from the hips, reaching towards your ankles. Hold for 30 seconds, then switch sides.



Chest and Shoulder Stretch: Stand with your feet hip-width apart. Bend your right arm at the elbow, pulling your hand behind your back. Gently pull your elbow towards your shoulder. Hold for 30 seconds, then switch sides.



Hip Flexor Stretch: Stand with your feet hip-width apart. Bend your right knee and pull it towards your chest. Hold for 30 seconds, then switch sides.



Lat Stretch: Stand with your feet hip-width apart. Bend your right arm at the elbow, pulling your hand towards your chest. Hold for 30 seconds, then switch sides.



Hip and Glute Stretch: Lie on your side with your knees bent. Pull your top leg towards your chest. Hold for 30 seconds, then switch sides.



Hamstring Stretch: Lie on your back with your knees bent. Pull your right leg towards your chest. Hold for 30 seconds, then switch sides.



Side Torso Stretch: Stand with your feet hip-width apart. Lean forward and to your right side, reaching your right arm down towards your knee. Hold for 30 seconds, then switch sides.



Hip Flexor Stretch: In a quadrupedal position, pull your right knee towards your chest. Hold for 30 seconds, then switch sides.



Lat Stretch: In a quadrupedal position, pull your right arm across your chest. Hold for 30 seconds, then switch sides.



Hip and Glute Stretch: In a quadrupedal position, pull your right leg towards your chest. Hold for 30 seconds, then switch sides.



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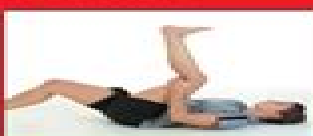
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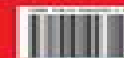


Hamstring Stretch: Stand with your feet hip-width apart, legs straight. Lean forward from the hips, reaching towards your ankles. Hold for 30 seconds, then switch sides.



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WJ Hussar



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