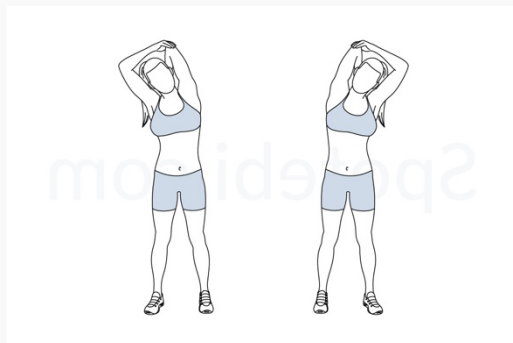
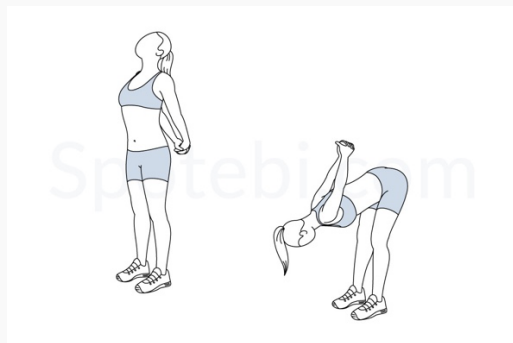
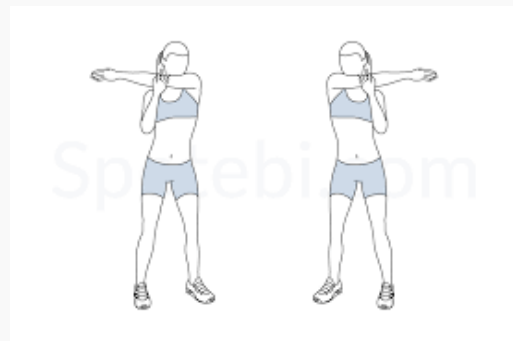


# STRETCHING ROUTINE

- Standing Side Stretch Hold each side for 10-15 seconds
- Shoulder Stretch hold each arm for 10-15 seconds
- Bent Over Bicep, Chest, and Shoulder Stretch hold for 10-15 seconds
- Tricep Stretch hold each arm for 10-15 seconds



# STRETCHING ROUTINE



- Standing Quad Stretch hold each leg for 10-15 seconds



- Downward Dog 10-15 seconds



- Lunge Stretch 10-15 seconds each leg

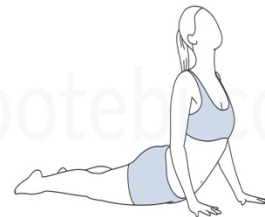
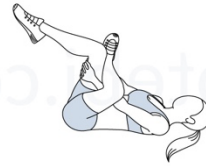


- Butterfly Stretch hold for 10-15 seconds

Safety Tips for progression: Stretch until slight discomfort, be gentle, (avoid jerking or bouncing) breathe through the stretch, start with basic stretches, and begin with short intervals. When you feel that you can stretch longer slowly increase the time and repetitions.

# STRETCHING ROUTINE

- Figure 4 Glute Stretch hold for 10-15 seconds on each side
- Knees to chest hold for 10-15 seconds
- Cobra Pose hold for 10-15 seconds
- Childs pose hold for 10-15 seconds



# STRETCHING ROUTINE

Why should an individual stretch? A person who stretches will have more range of motion and seek benefits beyond flexibility when stretching regularly.

## **BENEFITS OF STRETCHING**

- Relieves stress.
- Helps body get back to pre-exercise state.
- Increases blood flow in your muscles.
- Improves daily function and ability to handle tasks.
- Aids in letting joints move through their full range of motion.
- Reduce risk of injury.

When is a good time to stretch? Static stretching should be done at the end of your workout to help alleviate post-muscle soreness and stiffness. Dynamic stretching should be done at the beginning of your workout to improve performance during workout and reduce risk of injury.