



Stretch Packet

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Stretching is a form of physical exercise in which a specific muscle or tendon is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. Stretching is also used therapeutically to alleviate cramps. Hold each stretch for 20 to 30 seconds. Stretch each area at least 2 to 3 times for results. Please consult a physician prior to stretching.



step forward stretch



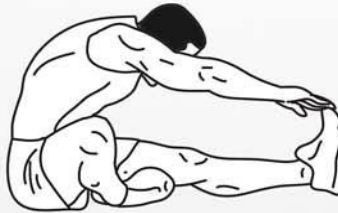
forward bend stretch



lunge stretch



forward stretch



single leg forward stretch



leg raise stretch

Leg Stretches

Step forward stretch: Place foot forward toes pointed up place hands on adjacent hip and press away from foot. Apply to other leg. Exercise targets hamstrings.

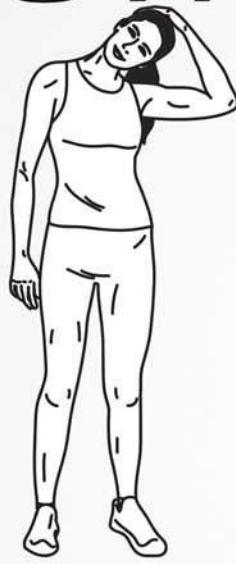
Forward bend stretch: Place feet shoulder width apart. Make sure hands and arms are shoulder width apart while attempting to touch the floor. Do not arc or round the back. Exercise targets hamstrings.

Lunge Stretch: Place foot forward while knee is at a 90 degree angle. Head and shoulders should be placed in a neutral position. Exercise targets hamstrings.

Forward stretch: While sitting attempt to grab your feet with your hands. Exercise targets hamstrings.

Single leg forward (Calf) stretch: Place one foot squarely above inner thigh above the knee of the opposite leg. Both arms attempt to grab your out stretched foot and pull towards chest. Switch leg positioning. Exercise targets hamstrings.

Leg raise stretch: While lying down, place both hands firmly on one leg. Use hands to assist in lifting leg. Switch legs. Exercise targets hamstrings.



neck stretch



shoulder stretch



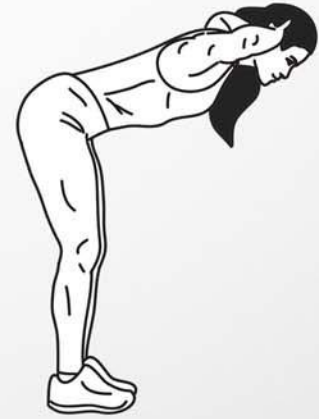
tricep stretch



pelvic stretch



quad stretch



forward bend

Neck stretch: Tilt head to one side placing your ear on your shoulder. Use hand for a deeper stretch. Repeat on opposite side. Exercise targets the neck.

Shoulder stretch: Gently pull arm across chest toward opposite shoulder. Repeat by switching arm position. Exercise targets shoulders.

Triceps stretch: Grab one elbow with opposite hand and gently pull your elbow behind your head, as though you are going to pat yourself on the back. Repeat on other side. Exercise targets triceps.

Pelvic stretch: While back firmly against wall, Bring knee as close to chest as possible. Repeat with opposite leg. Exercise targets pelvis.

Quad stretch: Grab ankle and bring it as close to glute as possible. Repeat with opposite leg. Exercise targets quadriceps.



shoulders up stretch



shoulder & back stretch



behind back lock stretch



lock side pull stretch

Back & Shoulder Stretches

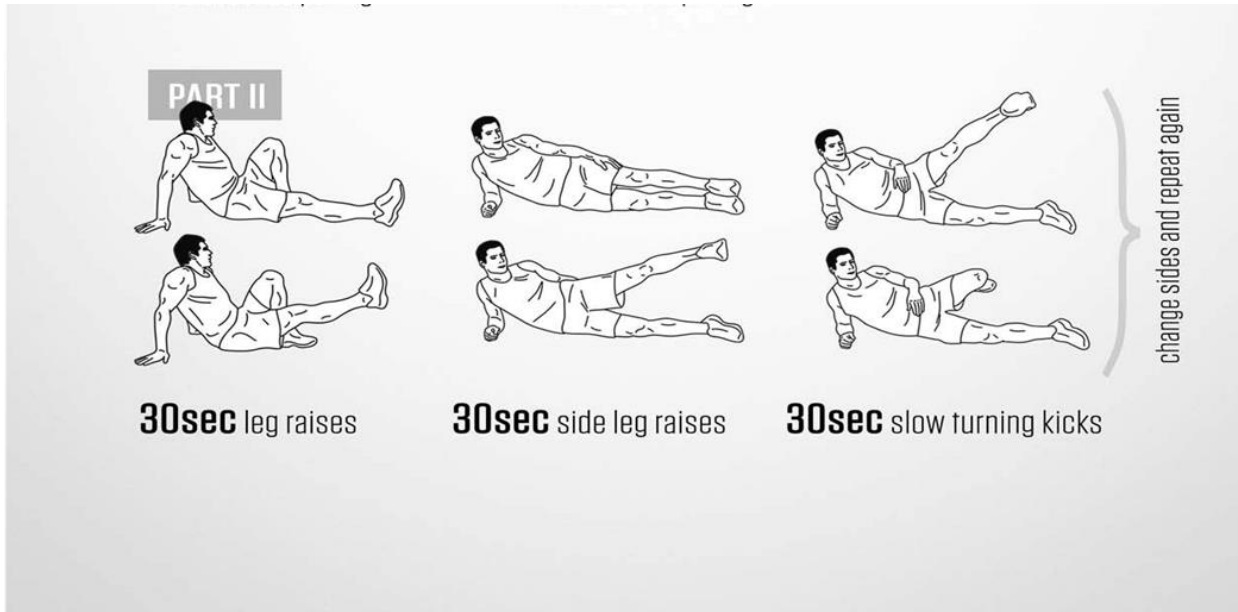
Forward bend: Place hands next to ear. Slight bend in knee, straight back bend forward keeping head higher than chest.

Shoulder Up stretch: Gently raise shoulder vertically while head stays in neutral position. Repeat with opposite shoulder.

Shoulder & Back stretch: Gently interlock fingers, palm facing out, reach vertically towards ceiling.

Behind Back Lock stretch: Gently interlock fingers, palm facing out, reaching towards floor. Head stays in neutral position.

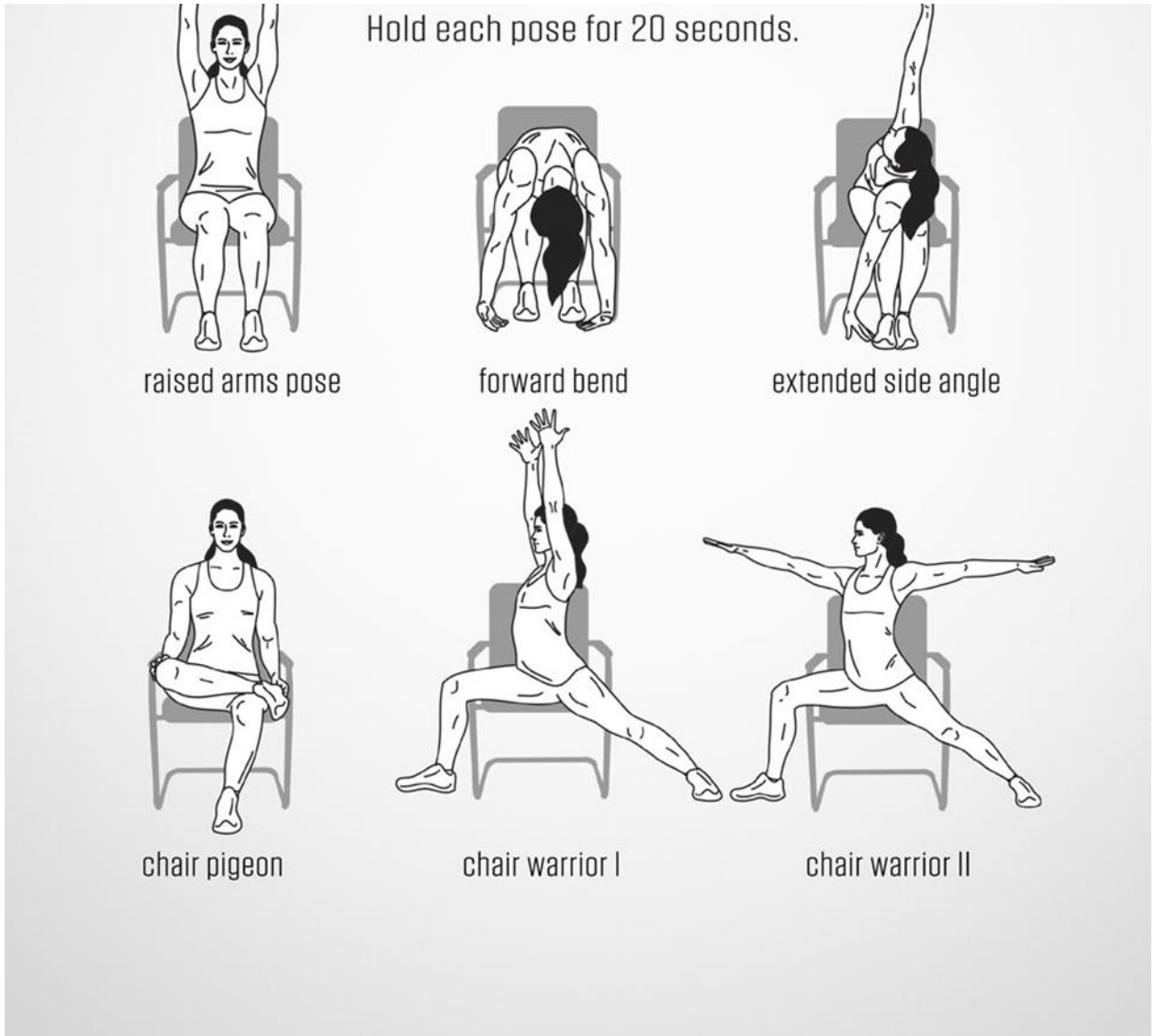
Lock Side stretch: Gently interlock fingers, palm facing out, reaching towards floor. Head tilts away from shoulder, pulling same shoulder down. Repeat on opposite side.



Leg Raises: Place both hands firmly on the ground. Place one foot firmly on ground while opposite leg is extended. Raise and lower leg slowly repeat on opposite side.

Side Leg Raises: While lying on one side using forearm for support raise and lower leg slowly. Repeat on opposite leg. Exercise targets lateral leg.

Slow Turning Kicks: While lying on one side using forearm for support rotate straight leg clockwise and counterclockwise slowly. Repeat on opposite leg. Exercise targets lateral leg and hip.



Chair Stretches

Raised Arm Pose: Gently raise arms in air shoulder width apart while feet are firmly on ground.. Exercise targets back.

Forward Bend: Gently brings hands as close to floor as possible while feet are secure and shoulder width apart. Exercise targets back.

Extended Side Angle: Gently place one hand across the body towards the floor while other hand is in air. Repeat with opposite arm. Exercise targets lower back.

Chair Pigeon: Place both hands firmly on hips..Place one foot firmly on ground while opposite knee rests on opposite knee. Repeat on opposite side. Exercise targets Hips and glutes.

Chair Warrior 1: Using chair for stability, place knee at 90 degree angle. Opposite placed away from chair while arms are in air.. Repeat on opposite leg.

Chair Warrior 2: Using chair for stability, place knee at 90 degree angle. Opposite placed away from chair while arms are parallel to ground. Repeat on opposite leg

Hold each move for 20 seconds.



crescent lunge



extended side angle



revolved side angle



bent downward-facing dog - into - downward-facing dog



seated twist



camel pose



forward fold

Chair Stretches (Cont'd.)

Crescent Lunges stretch: Using chair for stability, place knee at 90 degree angle. Opposite placed away from chair while opposite arm and back are arced away from chair. Repeat on opposite leg.

Quadtriceps Stretch: Using chair for stability, place knee at 90 degree angle. Opposite leg placed away from chair while opposite arm and back are arced toward chair. Repeat on opposite leg.

Donward Dog Stretch: Both hands placed firmly on chair, feet shoulder width apart and straight. Make sure back is flat.

Seated Twist: While sitting on edge of chair place one hand on back of chair while placing other hand on adjacent knee. Repeat on opposite side.

Camel Pose: While sitting on edge of chair place both hands on lower back of chair. Extend chest forward..

Forward Fold: Feet firmly on floor, lean forward with flat back. Arms behind head is optional.

20 seconds each exercise.
Repeat every couple of hours.



up & down stretch



up & down side stretch



rotations



arrow - into - table top - into - straight fist - into - claw - into - fist

Hand & Wrist Stretches

Please make sure to stretch both hands and wrist evenly. Repeat these exercises as needed on a regular basis.

Safety Information

Regular physical activity is fun and healthy. Being more active is very safe for most people. However, some people should check with their doctor or health care provider before they start becoming much more physically active. If you are planning to become more physically active than you are now, you should check with your physician before you start. You may be able to do any activity that you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Before you begin your “active life”, talk with your doctor or health care provider about the kinds of activities that you wish to participate in and follow his/her advice. Stretching is a form of exercise that targets muscles by elongating them to their fullest length. Stretching is often a neglected portion of many individuals exercise programs. It is important to remember that stretching offers benefit that are important and thus deserving of attention in addition to aerobic and strength training exercises. Stretching should be incorporated into both the warm-up and cool-down of aerobic and strengthening exercises. A stretching routine can also be performed by itself.

Benefits of Stretching

- Improves range of motion
- Improves performance of many activities including aerobic exercises
- Prevention of injuries
- Enhance muscle tone
- Decrease muscle soreness associated with exercise
- Prepares muscles for activity

Safety Considerations Before and During Exercise

- Warm-up your muscles before you start stretching (e.g. walking in place)
- Wear comfortable clothing (clothing should not limit movement)
- Stretch to a point of discomfort, not pain.
- No bouncing
- Hold stretches for 10-30 seconds
- Shake out limbs between stretches
- Repeat each stretch 2-3 times