

# Static Flexibility/Stretching

## Points of Emphasis

- Always stretch before and after workouts. Stretching post-exercise will prevent soreness and accelerate recovery.
- Always perform a general warm-up prior to stretching. Minimum of 3-5 minutes.
- Be relaxed while stretching.
- Practice proper technique.
- Don't hold your breathe
- Begin all stretches slowly; ease into position, hold, ease out of stretch.
- Hold all stretches for 10-30 seconds.
- Repeat each stretching exercise up to three times
- Do not bounce. This could cause injury and prevent flexibility development by not allowing the muscle being stretched to relax.
- Do not stretch so far that you experience joint pain.

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## *Static Flexibility*

### **Exercise Descriptions**

#### **Lower Body/Lower Back**

<b>Feet Together (seated)</b>  Feet together, reach hands toward toes  Relax lower back  Do not bounce	
<b>Modified Hurdler (Hamstring)</b>  Straighten one leg flat on the ground and bring the sole of your other foot to rest next to the inside and upper part of your straightened leg. Lean slightly forward, reach with both hands over the leg that is straightened in front of you. Find an easy stretch and relax.  Hold for 30 seconds, each leg  If necessary, use a towel to help stretch.	
<b>Inside Upper Leg</b>  In a sitting position, open your legs as far as comfortably possible. With legs straight and feet upright and relaxed at the ankles, slowly lean forward at the hips until you feel a good, even stretch on the inside of the upper legs. Keep your back straight. This is a difficult way to stretch for many people. The muscles need time and regularity with stretching to loosen up, so have patience.  Hold stretch for 30 seconds.	
<b>Hamstring and Back</b>  To stretch your left hamstring and the right side of your back, slowly bend forward from the hips toward the foot of your left leg. Keep your head forward and back straight.  Hold for 30 seconds to each side.	
<b>Groin</b>  Put the soles of your feet together, as close to the body as possible. With your hands around your feet, pull yourself forward to stretch your groin and back. Keep your elbows on your knees and push out.  Do not bounce.  Hold stretch for 30 seconds.	

## *Static Flexibility*

<p><b>Ankle to Chest</b> <b>(Upper Hamstring, Gluteus Maximus and Gluteus Minimus)</b></p> <p>Pull one leg to your chest with both hands. Hold as easy stretch. Stretch the leg as one unit. If you need more stability in this stretch, lean back against something.</p> <p>Hold stretch for 20 seconds, each leg</p>	
<p><b>Spinal Twist</b></p> <p>Left Leg flat and straight on ground Bring Right foot over Left Leg and place on ground just outside the Left Knee. Apply pressure to outside of Right Knee with Left Elbow Turn shoulders to 90° Foot of bent leg must be flat</p>	
<p><b>Knee to Chest</b></p> <p>While lying on your back, bend one knee and pull it toward your chest. Opposite leg should be straight For this stretch keep the back of your head on the mat, if possible, but don't strain.</p> <p>Hold the stretch for 30 seconds, each side.</p>	
<p><b>Crossed Knee to Chest</b></p> <p>Lie on your back with your left leg crossed over your right knee Exhale and flex your right knee, lifting your right foot off the floor, and let it slowly push your left foot toward your face, keeping your head, shoulders, and back flat on the floor</p>	
<p><b>Leg Over (Lower Back)</b></p> <p>With your opposite hand pull your bent leg up and over your other leg. The leg across should be perpendicular to the torso</p> <p>Make sure that both of your shoulders and hips are on the floor. Turn your head to look toward the hand of the arm that is straight. With your other hand on your thigh (resting just above the knee), control the stretch in your lower back and butt muscles by pulling your upper leg down toward the floor. Repeat the stretch to your other side.</p> <p>Hold the stretch for 30 seconds, each side.</p>	

## *Static Flexibility*

<b>Double Knee to Chest</b>	
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<b>Legs Over Head</b>	
Relax lower back  Try to extend legs until straight with toes pointed down  Do not bounce	

<b>Quad Stretch</b>	
Lie on your side, flex one knee, and raise your heel toward your butt  Exhale, grasp your raised ankle and pull your heel toward your butt without over-compressing the knee  Note: To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs)  Do not arch your back or twist your pelvis	

<b>Lower Back Arch</b>	
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<b>Back Arch – Arms Extended</b>	
Kneel on all fours, extend your arms forward, and lower your chest to the floor.  Exhale, extend your shoulders, and press on the floor with your arms to arch your back.	

## *Static Flexibility*

<b>Back Arch – Arms Under</b>	
Kneel on all fours with your toes pointing backward.  Inhale, contract your abdominals and round your back.  Exhale, relax your abdominals, and return to the “flat back” position.	

<b>Hip Flexor</b>	
Kneel on one leg – keep 1-1/2 to 2 feet of space between heel and knee.  Push hips down and forward.  Keep chest up and back straight.	

<b>Hip Flexor – Twist Over</b>	
Same position as Hip Flexor stretch.  Put opposite elbow on knee and twist.  Try to get shoulders parallel to thigh of front leg	

<b>Feet together - standing</b>	
Standing with feet together, reach hands toward toes.  Relax lower back.  Do not bounce.	

<b>Legs Spread - standing</b>	
With legs spread as wide as possible, reach both hands to ankle.  Maintain balance.  Complete a rep to the left, middle and right.	

<b>Lean Left-Right</b>	
Feet slightly narrower than Legs Spread stretch.  Lean to sides with toes pointing forward and feet flat.  Keep chest and back flat.	

## *Static Flexibility*

<b>Squat Stretch</b>  With your feet shoulder-width apart and pointed out to about a 15° angle, squat down keeping your heels on the ground. If you have trouble staying in this position, hold onto something for support. This is a great stretch for your ankles, Achilles tendons, groin, and low back.  Hold stretch for 30 seconds.	
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<b>Calf Stretch</b>  Stand an arms-length from a solid support and lean on it with your forearms. Bend one leg and place your foot on the ground in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead.  Do not bounce.  Hold an easy stretch for 30 seconds, both legs.  See alternative if no solid support is available	
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## *Upper Body*

<b>Shoulder Internal Rotators</b>	
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<b>Bicep Roll</b>  Stand with your back to a door frame.  Rest one hand against the door frame with your arm internally rotated at the shoulder, your forearm extended, and your hand rotated with your thumb pointing down.  Exhale and attempt to roll your biceps so they face upward.	
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<b>Lateral Shoulder</b>	
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## *Static Flexibility*

<b>Hands behind Head (Shoulder, Chest and Upper Back)</b> Interlace your fingers behind your head while standing or sitting. Keeping your elbows straight and out to the side, pull your shoulder blades together.	
<b>Hands behind Back (Shoulder, Chest and Upper Back)</b> Stand with your fingers interlaced behind your back. Lift your arms up behind you until you feel a slight tension in your chest, upper back and arms.	
<b>Triceps and Shoulder Stretch</b> Raise your arms overhead and hold your left elbow with your right hand. Pull the left elbow behind your head slowly until you feel a slight tension.	
<b>Elbow behind Back</b> Sit or stand with one arm flexed behind your back and grasp the elbow from behind with your opposite hand. Exhale and pull your elbow across the midline of your back. Grasp your wrist if you are unable to reach your elbow.	
<b>Intertwined Forearms</b> Sit or stand, flex your right arm and raise your elbow to chest height. Flex and raise your left arm so its elbow can support your right elbow and intertwine your forearms so your left hand grasps your right wrist. Exhale and pull your wrist outward and downward.	
<b>Upper Back</b> A stretch for the arms, shoulders, and back. Hold onto something that is about shoulder height. With your hands shoulder-width apart on this support, relax, keeping your arms straight, your chest moving downward and your feet under your hips. Hold this stretch for 30 seconds.	

## *Static Flexibility*

<b>Head and Neck Lateral Drop</b>	
Shoulders are down and back in the starting position. Keep them there.	
Drop your head sideways, and hold it for a slow count of six. Push against the tension, but not too hard.	
Now drop it to the other side for a slow six count.	

<b>Head and Neck Twist</b>	
Shoulders are down and back in the starting position. Keep them there.	
Turn your head to one side for a slow count of six, pushing against the tension.	
Now reverse it and push to the other side. That's one rep of this exercise. Repeat it four more times.	