

General Stretching

Do you have the self discipline to establish a schedule and then follow through on a regular basis to achieve the desired results?

You don't have to attend a gym or have fancy equipment to participate in the following exercises:

- Trunk - Extend arms overhead. Slowly bend at the waist to one side. Repeat leaning and extending arms to the other side.
- Triceps - Extend one arm behind back. Hand will be flat against top of shoulder blades. Opposite arm is placed on elbow and downward pressure is applied to stretch tricep area.
- Calf- Stand with hands against a wall or immovable object with one foot a step forward. Lean towards the wall or object with back leg straight (stretching the gastroc) pressing heel to floor until you feel a stretch in your calf muscle. Hold for ten seconds each leg. For a deeper stretch, bend the back knee slightly to stretch the soleus.
- Hip Abductors - Place soles of feet together, slowly lean forward until you feel a stretch in the groin area. Hold stretch for 10 seconds, and then slightly increase the stretch by leaning further forward or pressing knees to the floor.
- Back and Hip Abductors (lilio Tibial Band) - Seated on the floor cross one leg over extended straight leg. Look towards the bent knee while rotating trunk to feel stretch across the back.
- Hip Flexors - Place one leg forward with a bent knee, other leg directly behind. Slowly lean hips forward, feeling stretch in front of hip (back leg), and hamstring and groin (front leg). Repeat on the opposite leg. Knee does not go over front toe. Head and hips remain forward.
- Quadriceps - Standing upright with tight abdominals, grasp front of ankle and pull heel to buttock. Keep shoulder, hip and knees in a straight line. Knees remain together.
- Trunk - Lay flat on back, extend arms overhead. Point toes and stretch over head as far as you can without a strain.
- Lateral Trunk - Pull bent leg over straight leg keeping shoulders flat and head looking toward the extended arm. Repeat this stretch using the other leg.
- Buttocks - Lie fiat on back and hold one leg just below the knee while pulling knee to chest. Repeat this stretch using the other leg.
- Hamstring - with knees slightly bent, grasp feet and lean chest onto thighs; as the stretch becomes easier, slowly straighten legs.
- Groin and Hamstring - Sit with legs apart in a straddle position. Slowly lean straightforward until you feel the stretch on the inside of legs.
Start sitting straight up, stretch hamstring and back by bending at the waist toward one

foot and then the other. Alternate stretches by first facing forward and then reaching overhead so you can stretch your side. Repeat the other direction.