

# STRETCHING GUIDE

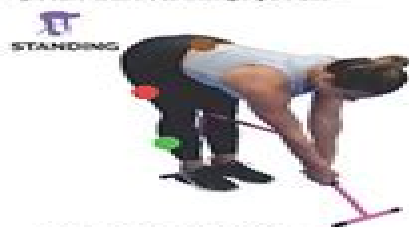
**IMPORTANT SAFETY RESOURCES**  
 PLEASE READ BEFORE STRETCHING  
 THIS INFORMATION DOES NOT CLAIM TO TREAT OR  
 CURE ANY PHYSICAL CONDITION.  
 Always get approval from your doctor, trainer, or  
 therapist before starting any stretching exercise.  
 Always stretch slowly. If you feel pain during stretch-  
 ing, stop immediately, relax slowly, and consult a medical  
 professional before continuing any exercise.



18 EXERCISES / 15 SECONDS EACH / 5 MINUTES OF FULL BODY STRETCHING

- Hips
- Sides
- Stomach
- Chest
- Buttocks
- Lower back
- Calves
- Shoulders
- Hamstrings
- Quadriceps
- Upper back

Shape Stretch®  
 STRETCH & YOGA BAR



## 1. Standing Shallow

Place the bar between your legs with the 45 degree side facing front. Slowly reach down near the top, grab the bar and hold for 15-30 seconds. Breathe consistently. Release slowly and raise up slowly.



## 2. Standing Deep

Place the bar between your legs with the 45 degree side facing front. Slowly reach down, grab the bar and hold for 15-30 seconds. Breathe consistently. Release slowly and raise up slowly.



## 3. Standing Toe Touch

Place the bar between your legs with the 45 degree side facing front. Your feet can be spread or close together. Slowly reach down near the bottom of the bar near your toes and hold for 15-30 seconds. Breathe consistently. Release slowly and raise up slowly.



## 4. Standing Twist

Place the bar between your legs with the 45 degree side facing front. Turn to one side, right or left. Slowly reach down near the top of the bar, grab and hold for 15-30 seconds. Breathe consistently. Release slowly and raise up slowly.



## 5. Laying Single Leg

Lie flat with both legs up. Place the bar on your raised foot. Use the 45 degree side for shorter legs and the 45 degree side for longer legs. Slowly pull the bar forward from your foot, and hold for 15-30 seconds. Breathe consistently. Release and lower slowly.



## 6. Laying Double Leg

Place the bar between your raised feet. Use the 45 degree side for shorter legs and the 45 degree side for longer legs. Slowly pull the bar forward from your feet and hold for 15-30 seconds. Breathe consistently. Release and lower slowly.



## 7. Laying Twist

Lie with one leg flat and the other leg raised up, right knee bent. Place the bar on your raised foot. Use the 45 degree side for longer legs. Slowly pull the bar and twist, hold for 15-30 seconds. Breathe consistently. Release and lower slowly.



## 8. Laying Spread

Lie with one leg flat and the other leg with a knee bent. Place the bar on your raised foot. Use the 45 degree side for shorter legs and the 45 degree side for longer legs. With one or two hands, pull the bar and spread your leg out. Breathe consistently. Hold for 15-30 seconds. Release and lower slowly.



## 9. Sitting Spread Eagle

Get in a spread eagle position with legs flat out and knees slightly bent. Place the bar between your legs with the 45 degree toward you. Slowly reach down and grab the bar and hold for 15-30 seconds. Breathe consistently. Release slowly and raise up slowly.



## 10. Sitting Calf Pull

Sit with back straight, legs flat out and knees slightly bent. Place the bar between your legs with the 45 degree facing the floor and the middle between near the balls of the feet. Slowly pull the bar toward you. Breathe consistently. Release slowly and hold for 15-30 seconds.



## 11. Sitting Single (Butterfly)

Get in a one leg butterfly position with legs flat out and knees slightly bent. Place the bar between your legs with the 45 degree toward you. Slowly reach down and grab the bar and hold for 15-30 seconds. Breathe consistently. Release slowly and raise up slowly.



## 12. Sitting Double Leg

Sit with legs flat out and knees slightly bent. Place the bar between your legs with the 45 degree facing the floor and middle between your feet. Slowly pull the bar toward your abdomen, keep in the 45 degree for 15-30 seconds. Breathe consistently. Release and raise up slowly.



## 13. Kneeling Arch Extension

Place the bar in front of you at arms length. Kneel down on a mat or towel. Slowly reach down and grab the bar with both arms extended. Drop your weight to feel the lower back stretch. Hold for 15-30 seconds. Release slowly and stand up slowly.



## 14. Kneeling Arm Extension

Place the bar in front of you at arms length. Kneel down on a mat or towel. Extend one leg with the knee slightly bent. Drop back out the knee. Slowly drop your head and keep your upright back. Hold for 15-30 seconds. Breathe consistently. Release slowly and stand up slowly.



## 16. Lunge Split Bend

Place the bar in front of your legs. Stand on one leg and slowly bend the other leg. Grab the cross bar and slowly lean into the bent leg while holding the bar. Hold for 15-30 seconds. Breathe consistently. Release slowly and stand up slowly.



## 18. Lunge Single Leg

Place the bar in front of you with one side facing forward. Grab the cross bar (place the grip on it for more control) and slowly lean into a bent leg lunge while holding the bar at the feet. Hold for 15-30 seconds. Breathe consistently. Release slowly and stand up slowly.



STRETCH & EDUCATION

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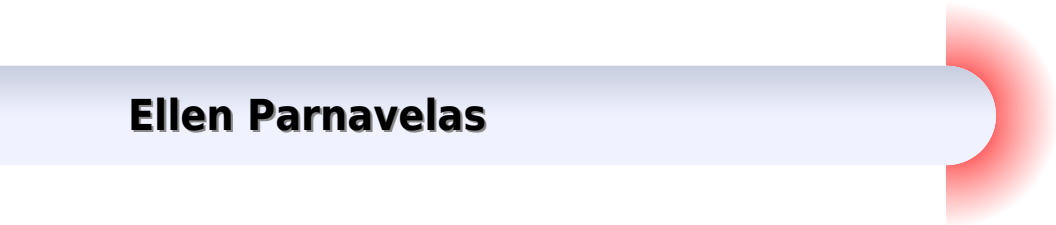


U.S. Patent D650,126

18 CORE STRETCHING EXERCISES FOR INCREASED FLEXIBILITY, WORKOUT RECOVERY, AND YOGA WARM UPS

# The Complete Guide To Stretching

**Ellen Parnavelas**



## **The Complete Guide To Stretching:**

*The Complete Guide to Stretching* Christopher M. Norris, 1999      **The Complete Guide to Stretching** Christopher M. Norris, 2015-11-05 A reasonable level of flexibility is essential to the healthy functioning of joints and muscles which in turn facilitates performance and reduces the risk of injury Now in its 4th edition *The Complete Guide to Stretching* provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body *The Complete Guide to Stretching* is the definitive practical handbook for Sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance Sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness Sport and exercise therapists who use stretching as an important part of a balanced rehabilitation programme Full colour photographs demonstrate the stretches throughout

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**Jean Frenette's Complete Guide to Stretching** Jean Frenette, 1989 Every martial artist needs to stretch Whether you re a fighter or a forms competitor heavyweight or lightweight your performance will depend greatly on your flexibility Now you can learn the ins and outs from Jean Frenette one of the finest instructors in the world      *Ultimate Flexibility* Sang H. Kim, 2013-07 *Ultimate Flexibility* is the book you ve been waiting for More than a collection of exercises or an explanation of technique *Ultimate Flexibility* is a complete guide to stretching for martial arts from the very basics of why you should stretch to detailed workout guidelines for every style and level of martial arts practice Written by acclaimed author and martial artist Sang H Kim *Ultimate Flexibility* is your guide to achieving maximum flexibility in your training Begin with an in depth look at the hows and whys of flexibility and stretching Learn about the many types of stretching which methods are best for beginners when to graduate to advanced techniques

and why you should completely avoid certain types of exercises You ll also find information that you wont find in any other martial art book including a detailed exploration of how your body works for or against you in your training and how flexibility can make you stronger and faster Building on this foundation Sang H Kim teaches you nearly 200 flexibility exercises that he has personally used to achieve the highest levels of flexibility You ll get detailed instructions workout planning guides goal setting tips difficulty levels injury prevention and recovery and over 400 photos to guide you Special bonus sections 10 Tips for Full Splits 20 Tips for High Kicks and 10 workouts for specific martial art types Ultimate Flexibility Sang H. Kim,2010-09-22 Ultimate Flexibility is the book you ve been waiting for More than a collection of exercises or an explanation of technique Ultimate Flexibility is a complete guide to stretching for martial arts from the very basics of why you should stretch to detailed workout guidelines for every style and level of martial arts practice Written by acclaimed author and martial artist Sang H Kim Ultimate Flexibility is your guide to achieving maximum flexibility in your training Begin with an in depth look at the hows and whys of flexibility and stretching *The Complete Guide to Studio Cycling* Rick Kiddle,2014-08-31 The Complete Guide to Studio Cycling has been written for people who want to know how to train effectively on indoor stationary bikes from instructors personal trainers and coaches to sportspeople and anyone who just wants to get fit Studio cycling or spinning should be fun and motivating and this book promotes focus and concentration techniques including an individual training programme that can be adapted as your fitness levels improve The Complete Guide to Studio Cycling answers key questions about studio cycling from what it is and what it aims to achieve to how to set your bike up to suit your needs It highlights dos and don ts confronts the myths and presents the facts and allows everyone to benefit from one of the most effective exercise classes available **The Complete Guide to Exercise to Music** Debbie Lawrence,2014-08-31 The Complete Guide to Exercise to Music 3rd edition is a practical handbook for the regular exerciser who wishes to know more about the enormous benefits of training to music and the fitness professional who seeks a thorough grounding in Level 2 and 3 knowledge This 3rd edition is fully updated to include Aspects of the core and skills based knowledge for Level 2 and 3 ETM instructors The latest research on safety in the exercise environment Adapting ETM for special populations Over 200 colour photographs demonstrating stretches and exercises Exercise to Music is one of the core modules of the Level 2 gym instructors syllabus and a new Level 3 qualification was added in January 2008 This edition will cover all this knowledge using revision notes and tests as useful tools for the readers study The Complete Guide to Exercise to Music therefore aims to become the reference on this discipline for everyone involved in the health and fitness industry

**The Complete Guide to Clinical Massage** Christopher M. Norris,2013-11-15 A practical guide to clinical massage techniques This book is for a burgeoning specialist area for fitness professionals and physiotherapists tackled in Chris Norris s clear and accessible style Packed with photographs and clear descriptions The e book version also contains video clips showing the massage techniques in action From the tools of the trade to how to use techniques most effectively on patients

this is a must have guide for all trainee and practising masseuses physiotherapists sports therapists and fitness professionals

*Ultimate Guide to Stretching and Flexibility* Brad Walker, 2013-02-01 The Ultimate Guide to Stretching Flexibility is the book you keep with you wherever you go It s an easy to use quick reference guide for anybody involved in health fitness and sporting activities Written to minimize the likelihood of sports injury and increase athletic performance it gives coaches trainers athletes and fitness enthusiasts a complete reference handbook to assist with the planning and implementation of their training and rehabilitation sessions The Ultimate Guide to Stretching Flexibility includes 144 pages in a convenient A5 size 5 8 x 8 3 inches or 148mm x 210mm featuring 150 photos of 135 unique stretching exercises Chapter 1 provides a basic overview of physiology fitness and flexibility The many benefits of stretching are outlined in chapters 2 and 3 Chapter 4 details the different types of stretching While stretching guidelines i e rules and how to are presented in chapters 5 and 6 Chapter 7 deals specifically with flexibility testing While the final chapter and ultimate strength of the book contains 135 photographs of each stretch with step by step instructions A unique spiral binding allows the book to lay flat without closing on itself which means you don t have to hold the book open with one hand while you re trying to do the stretches The author Brad Walker is a Health Science graduate of the University of New England and has postgraduate accreditation s in athletics swimming and triathlon coaching He has coached elite level and world champion athletes from sports as diverse as triathlon motor cycle racing roller skating squash and baseball and has lectured extensively on sports injury prevention and rehabilitation

**Cyclosporitive** Chris Sidwells, 2013-05-30 Cyclosporitives or long distance cycle rides are growing in popularity all over the world From the Etape du Tour where cyclists get to ride a stage of the Tour de France to the Tour of Flanders or the Etape Caledonia in Scotland these events are pulling big numbers and attracting a range of cyclists Bestselling author Chris Sidwells explains how to choose the right sportive prepare for it both mentally and physically and get yourself and your bike to the finish line Topics include What kind of bike to buy How to set up your optimal riding position How to care for your bike Clothing and equipment Skills and techniques Mental and physical demands of the event Whether you re embarking on your first sportive or trying to improve on your performance in the next one this essential guide will help you reach your goal Written by an experienced cyclist trainer and writer and full of information tips illustrations and great stories it s the perfect companion to an unforgettable challenge

*1,500 Stretches* Hollis Liebman, 2017-10-24 1 500 Stretches compiles all stretching poses in one place organized by body part with stunning photographs easy to follow steps and the health benefits of each pose This is the companion book to the New York Times bestseller 2 100 Asanas Does your lower back ache from sitting all day Can you barely walk after your cycling class Do you stretch and feel more tension Stretching is vital for to retain muscle tone alleviate chronic pain and achieve free movement 1 500 Stretches offers a comprehensive collection of stretches organized by body part back calf hamstrings chest and many more Each stretch is demonstrated with full color photographs The steps are easy to follow and explain what muscle groups

are targeted and that stretch s benefits for pain relief and physical appearance There are additional chapters on yoga and partner stretches and the importance of stretching correctly 1 500 Stretches provides practical advice to feeling and looking your best **The Roller Derby Athlete** Ellen Parnavelas,2013-03-01 A complete introduction to the exciting world of roller derby including how to play the game strategy training fitness and nutrition Roller derby is a unique fast paced female dominated sport that is taking the world by storm It originated in the USA in the 1930s but it is the revival that began in 2001 that has inspired this new book Roller derby has become one of the world s fastest growing new sports and there are now more than 1000 leagues worldwide in the USA Europe Australia and New Zealand Latin America and Asia with new adherents coming to the sport all the time As the popularity of roller derby has grown the demand for information about the sport and how to play it has grown too As leagues become more experienced and players more advance tactics and game play have grown in sophistication There are many online forums and social networking sites devoted to training tactics fitness and nutrition but up till now no single source which gathered all the information together Chapters include An introduction to the game its history and rules How to play the game strategy and tactics Fitness requirements strength endurance and plyometric exercises for balance Training practical training programmes both on and off skates Nutrition what to eat before and after training meal suggestions and supplement The female athlete specific training advice for women Profiles of well known roller derby players who share their top tips in all the above categories The introduction has been written by Suzy Hotrod one of roller derby s most renowned players and there is plentiful advice from many of the sports leading players

**The Young Ladies' Journal Complete Guide to the Worktable** ,1884 **The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning** Allan Menezes,2000 A guide to the exercise program created by Joseph Pilates that combines the key elements of yoga and bodywork *The Complete Guide to Full-Body Stretching* Helen Talbott,2024-03-30 Unleash Your Inner Flexibility The Complete Guide to Full Body Stretching Unlock a world of enhanced mobility reduced pain and improved well being with The Complete Guide to Full Body Stretching This comprehensive resource empowers you to take control of your flexibility regardless of your age or fitness level Inside you ll discover The Science of Stretching Dive deep into the benefits of stretching from increased range of motion and injury prevention to stress reduction and better sleep Targeted Stretches for Every Body Part Master effective stretches for all your major muscle groups from your neck and shoulders to your hamstrings and calves Step by Step Instructions with Clear Illustrations Learn proper form and technique with detailed descriptions and illustrative guides to ensure safe and effective stretching Customized Routines for Your Needs Tailor your stretching practice with routines designed for various goals including pre workout warm up post workout cool down and relaxation before bed Modifications for Different Levels Whether you re a seasoned athlete or a complete beginner find modifications and progressions suitable for your current flexibility Bonus Section Techniques for Deeper Stretches optional Explore advanced stretching techniques like PNF Proprioceptive

Neuromuscular Facilitation to further enhance your flexibility consult a healthcare professional before attempting advanced techniques The Complete Guide to Full Body Stretching is more than just a collection of exercises it s a practical roadmap to a healthier more limber you Embrace the power of stretching and experience the multitude of benefits it has to offer This book is perfect for Individuals looking to improve their flexibility and range of motion Athletes seeking to enhance performance and prevent injuries Anyone experiencing muscle tension or discomfort People of all ages and fitness levels who want to feel better in their bodies Start stretching your way to a healthier happier you today *Low Cost Marketing for the Martial Art School* Sang H. Kim,2009-06 Grow your martial art school without breaking your budget This book is packed with hundreds of free and low cost marketing ideas on a wide variety of topics BONUS Discover how to create a professional marketing plan *Fodor's The Complete Guide to the National Parks of the West* Fodor's Travel Guides,2014-04-22 Fodor s correspondents highlight the best of the national parks of the West including the Grand Canyon Yosemite Yellowstone Zion and Rocky Mountain Our local experts vet every recommendation to ensure you make the most of your time whether it s your first trip or your fifth MUST SEE ATTRACTIONS from Old Faithful to Crater Lake PERFECT HOTELS for every budget BEST RESTAURANTS to satisfy a range of tastes GORGEOUS FEATURES on geysers and rafting the Colorado VALUABLE TIPS on when to go and ways to save INSIDER PERSPECTIVE from local experts COLOR PHOTOS AND MAPS to inspire and guide your trip *Ultimate Guide to Stretching* Sophie Cornish-Keefe,2020-04-28 Stretch your body to the next level It doesn t matter if you re a fitness novice or an elite athlete You should be starting each workout with a stretching regimen designed to warm up your body and help you achieve a new personal best each time Without the expertise of a professional trainer and without an expert s understanding of muscle anatomy it can be hard to know what exercises are best In *Ultimate Guide to Stretching* you ll learn when and how to do a tricep stretch and a shoulder stretch when to avoid toe touches and hamstring stretches and why it s important to keep your neck relaxed during a hip flexor stretch Go beneath the skin and see just which muscles you are working during each stretch Full color photos and illustrations show every move and muscle in detail Get limber and get the most out of your workout

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