

Stretching Rules & Guidelines

Remember the following stretching rules and guidelines to ensure you get the most out of your stretching routine and avoid injury:

- **Warm up:** Always warm up before stretching. A light jog or some jumping jacks will get your heart rate up and your muscles ready for stretching.
- **Hold each stretch:** Hold each stretch for 15-30 seconds. Do not bounce or jerk.
- **Breathe:** Breathe deeply and slowly while stretching. Do not hold your breath.
- **Don't overstretch:** Stretch to the point of mild discomfort, not pain.
- **Consistency:** Stretching regularly is more important than stretching for a long time once a week.
- **Listen to your body:** If you feel any sharp pain, stop immediately.
- **Stretching is a long-term goal:** It takes time to see the benefits of stretching. Be patient and consistent.

Stretching Why you need to!

Stretching is a simple yet effective activity that helps to increase flexibility, improve the function of soft tissue (ligaments and tendons), and reduce the risk of injury. It is a key component of any fitness routine.

Benefits of Stretching:

- **Increases Range of Motion:** Stretching helps to increase the range of motion in your joints, which can improve your performance in many activities.
- **Reduces Muscle Tension:** Stretching helps to reduce muscle tension, which can help to prevent injuries and reduce the risk of chronic pain.
- **Improves Blood Flow:** Stretching helps to improve blood flow to your muscles, which can help to reduce fatigue and improve recovery.
- **Enhances Flexibility:** Stretching helps to enhance flexibility, which can improve your posture and reduce the risk of injury.
- **Reduces the Risk of Injury:** Stretching helps to reduce the risk of injury by keeping your muscles and ligaments in good condition.

The Stretching Poster



Shoulder and Upper Back Stretch: Stand with your feet hip-width apart, arms extended straight out to the sides. Gently pull one arm across your chest towards the opposite shoulder.



Side Torso Stretch: Sit on a chair with your feet flat on the floor. Lean your torso to the right, holding the back of the chair with your right hand.



Neck and Shoulder Stretch: Stand with your feet hip-width apart. Tilt your head to the right, holding your right shoulder with your right hand.



Triceps Stretch: Stand with your feet hip-width apart. Bend your right arm, holding your right elbow with your right hand.



Hamstring Stretch: Stand with your feet hip-width apart. Lean forward, holding your right leg with your right hand.



Shoulder and Upper Back Stretch: Stand with your feet hip-width apart, arms extended straight out to the sides. Gently pull one arm across your chest towards the opposite shoulder.



Side Torso Stretch: Stand with your feet hip-width apart. Lean your torso to the right, holding the back of your right leg with your right hand.



Neck and Shoulder Stretch: Stand with your feet hip-width apart. Tilt your head to the right, holding your right shoulder with your right hand.



Hamstring Stretch: Lie on your stomach with your knees bent. Pull one leg towards your chest.



Hamstring Stretch: Lie on your back with your knees bent. Pull one leg towards your chest.



Side Torso Stretch: Stand with your feet hip-width apart. Lean your torso to the right, holding the back of your right leg with your right hand.



Side Torso Stretch: In a plank position, lean your torso to the right, holding the floor with your right hand.



Side Torso Stretch: In a plank position, lean your torso to the right, holding the floor with your right hand.



Side Torso Stretch: In a plank position, lean your torso to the right, holding the floor with your right hand.



Side Torso Stretch: Stand with your feet hip-width apart. Lean your torso to the right, holding the back of your right leg with your right hand.



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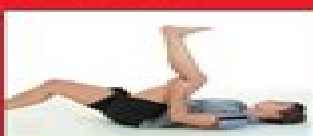
Side Torso Stretch: In a lunge position, lean your torso to the right, holding the floor with your right hand.



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Hamstring Stretch: Lie on your back with your knees bent. Pull one leg towards your chest.



Side Torso Stretch: Stand with your feet hip-width apart. Lean your torso to the right, holding the back of your right leg with your right hand.



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