

Stretching Routine

Stretching is an essential part of any work out. Remember to stretch lightly during your warm up with more emphasis on dynamic stretches and end your work outs with a longer stretching routine incorporating more static stretches.

As well as greatly improving flexibility, an effective stretching routine strengthens the body and works to prevent injuries in training. Depending on the nature of your training, shape your own stretching routine to match. Below is our full stretching routine. Feel free to use it as a model to shape your own routines.

Joint Rotations

- 1) Neck
- 2) Arm circles
- 3) Hips
- 4) Knees
- 5) Ankles

Dynamic Stretches

- 1) Front
- 2) Side
- 3) Back
- 4) Crescent

Static Stretches

Arm Stretches

- 1) Across chest
- 2) Behind head
- 3) Hand on hip

Standing Leg Stretches

- 1) Quads
- 2) Calves
- 3) Hamstrings
- 4) Lunge

Torso (Back/Chest)

- 1) Roll back
- 2) Cat
- 3) Bridges
- 4) Torso twists

Sitting Stretches

- 1) Butterflies
- 2) Leg Singles
- 3) Legs spread
- 4) Legs together