



Stretch Tips

The right way to stretch is slow and relaxed. **DO NOT BOUNCE**. This can actually cause you to pull the muscle you are trying to stretch.

You should stretch to the point of "MILD TENSION". If you overstretch you will also cause damage. Back off if the stretch feels painful.

Hold the stretch for a minimum of 15 seconds each, without bouncing. **BREATHE** slowly and naturally. Do not hold your breath while stretching. Relax the stretch. Stretch one or two more times with each stretch. Try to stretch a little further with each stretch. Again, only to the point of mild tension.

Basic Stretches

Lying Straight, Leg to Chest

1. Lie comfortably on your back, concentrating on keeping both your head and buttocks in contact with the floor.
2. Slowly extend one leg upward, grasping it with both hands, either around the calf, the hamstrings, or a combination of both.
3. Aim to pull your leg toward your chest, keeping it straight. When the tension builds up in your hamstrings, relax the stretch a little by contracting your quadriceps on the same leg.
4. If necessary, use a towel wrapped around your foot, in order to keep your head on the floor.





Toe Grab

1. Begin this stretch with your heels together, holding both feet with your hands.
2. Lean forward from your hips, gradually increasing the stretch by bringing your heels closer to your groin, and your chest closer to your feet.
3. Make the movements small and controlled. Avoid bouncing and excessive upward pressure on your feet.



One Leg Over

1. Sit on the floor, with one leg straight, toes pointing upward.
2. Cross the other foot over the knee of the straight leg, aiming to place that foot flat on the floor.
3. Place the elbow and forearm of the opposite arm of the bent leg on the outside of the bent knee.
4. Exhale, slowly pulling the bent knee across your body.

Lying Trunk Twists

1. Lie flat on your back, with both hands extended straight out to your sides.
2. Slide both legs up towards one arm, aiming to keep the knees together, whilst allowing your lower body to naturally twist around.
3. Can be performed with either bent or straight legs.

Upper Back-Leg Grab

1. While seated, exhale, bending forward, and hugging your thighs underneath with both arms.
2. Keep your feet extended out as you pull your chest down onto your thighs, keeping both knees together.



3. While in this position, you can also stretch your rhomboids, by aiming to pull your upper back away from you knees while still grasping your legs.



Upper Back Prayer

1. From a kneeling position, extend both hands out, fingers pointing forward.
2. Use your hands and forearms to grip the floor, as you gently ease your buttocks backward, until you feel the stretch in your upper back and shoulders.
3. Exhale, gently easing your chest down toward the floor.

Hand Down Spine

1. Extend one hand down the center of your back, fingers pointing downward.
2. Use the other hand to grasp the elbow.
3. Exhale slowly, pulling gently downward on your elbow, aiming to take your fingers along your spine.



Hands Interlocked Over Head

1. Interlock your fingers above your head, palms facing upward.



2. Exhale and push your hands further above your head.
3. You will also feel this stretch in your shoulders.