

## STATIC FLEXIBILITY STRETCHES



### Hip Flexor Stretch

If the iliopsoas is tight, back pain may be present. Extended periods of the seated position can harbor tight hip flexors.

Be sure to have a mat or towel under your knee for comfort. Relax as far forward as possible.

Switch after 10-30 seconds to get the other leg.



### Glute Stretch

Sit upright and put an ankle over your knee, then lay back and reach through the triangle to grab hold of your upper shin right below the knee. Relax with your head on the ground, and try to bring the low back off the floor.

Switch after 10-30 seconds to get the other leg.



### Hamstring stretch

Put one leg over the other, and push your hips back. You should feel this in leg behind the other.

It is alright to relax the spine and reach for the toes for a low back stretch, but be sure to get up slowly leading with the head and shoulders. Also, having your back more upright like in the picture will stretch the hamstrings more because the weight is further out on the moment arm and pulling down with greater torque.

Switch after 10-30 seconds to get the other leg.



### **Standing Quadriceps Stretch**

Hold on to something for more balance, and bring your heel to your same side glute muscle.

Do not allow your heel to go to the side of your hip as this would separate your knee at an angle you cannot strengthen through resistance training.

To get a greater stretch, extend your hips further by pulling your knee back behind you more.

Switch after 10-30 seconds to get the other leg.



### **Adductor Split Stretch**

..... Don't fall! .....

Keep your knees locked out. It is ok if you place your hands on the ground for additional support.



### **Seated Oblique / Glute Stretch**

Put one leg over the other, twist towards the leg that is up, and look all the way around your shoulder as far as you can. Brace yourself with the same side arm as the leg that is up. Use your other elbow to press against your leg for a greater stretch.

Switch sides after 10-30 seconds.



### **Hip Abductor / TFL / Oblique Stretch**

Put your right leg over your left, then tilt your hips to the left. Keep the majority of weight on the front foot and tilt the other foot to the side like in the picture. Relax the hips and keep the hips forward and fully extended, not flexed. Reach overhead with the left arm, and with the right arm, reach for your foot.

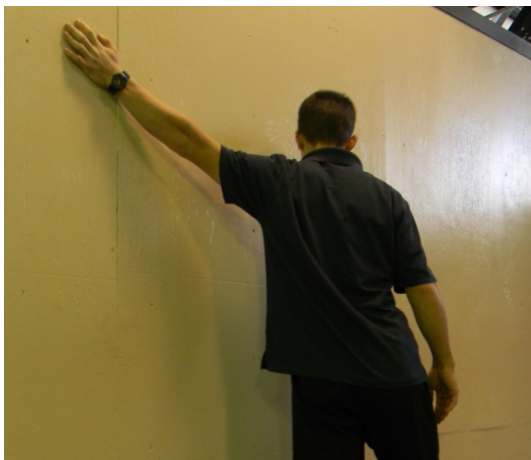
Switch sides after 10-30 seconds.



### **Overhead Stretch**

Bring both arms up, and your biceps to the ears. Put head forward.

Relax for 10-30 seconds.



### **One Arm Chest Stretch**

Put one hand up slightly above head level and push your upper body forward. Keep your elbow fully extended.

Do not allow your shoulders to round forward, this would stretch your shoulders, not the chest.

Switch arms after 10-30 seconds.





### **Seated Anterior Deltoid Stretch**

Sit with your arms behind you and parallel with each other. Keep your fingers pointed back. Slide your hips forward to increase the stretch. Relax your shoulders and hold for 10-30 seconds.



### **Lat Stretch**

Grab on to something and relax back in a squat. With a strong grip, relax the upper arm, shoulders, and core. Keep your arm in line with the spine and create space in the armpit by slightly tilting the hips to the opposite side.

Relax and switch arms after 10-30 seconds.



### **Cross Body Shoulder and Calf Stretch**

Pull one arm across your body and pull. Prop up a foot against something and press forward into it.

These two stretches can be done independently, but this method saves time.

Hold for 10-30 seconds and switch.



### **Overhead Triceps Stretch**

Take one arm overhead with your elbow pointing to the middle of your skull. Reach for the spine with your hand. With the other hand, grab and pull on the elbow. Push your head back and try to maintain normal posture. For an added stretch, make more space in the armpit by tilting your hips to the side of the stretched arm.

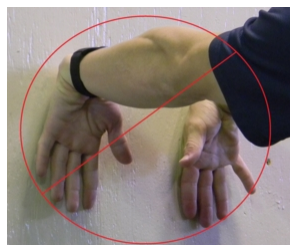
Hold for 10-30 seconds and switch.



### **Prone Ab Stretch**

Keep the hips on the floor and push upwards. Relax the belly and almost pull yourself forward with your arms.

Hold for 10-30 seconds.



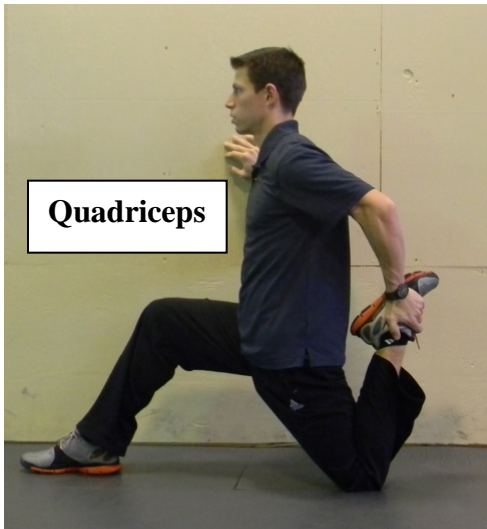
### **Forearm and Tibialis Stretch**

Against a wall, put your hands up either in an open palm position with the fingers facing up, or in a closed fist position with the knuckles facing down. Put the top of a foot down facing towards the ground and relax the ankle and feet. You should feel this in the shin and in the forearms at the same time.

Hold the stretch for the shin and forearms for 10-30 seconds, and then the other shin and opposite forearm muscles for an additional 10-30 seconds.



## OTHER GREAT STRETCHES



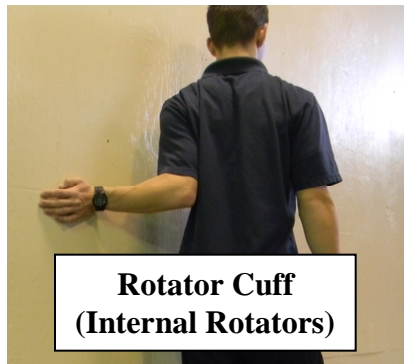
**Quadriceps**



**Hamstrings & Adductors**



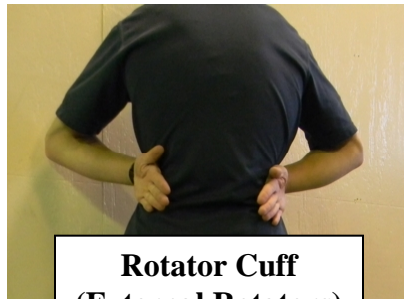
**Hamstrings & Lats**



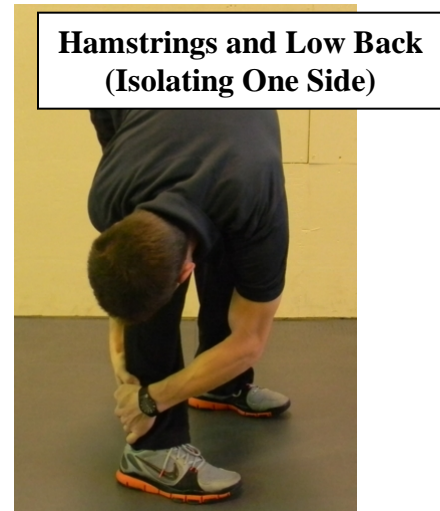
**Rotator Cuff  
(Internal Rotators)**



**Hamstrings & Low Back**



**Rotator Cuff  
(External Rotators)**



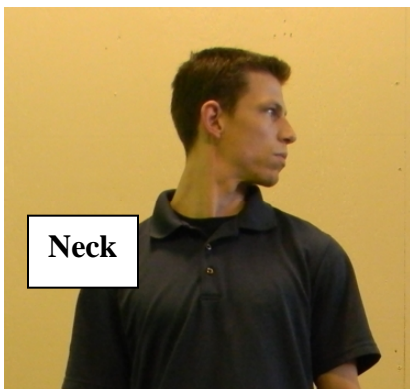
**Hamstrings and Low Back  
(Isolating One Side)**



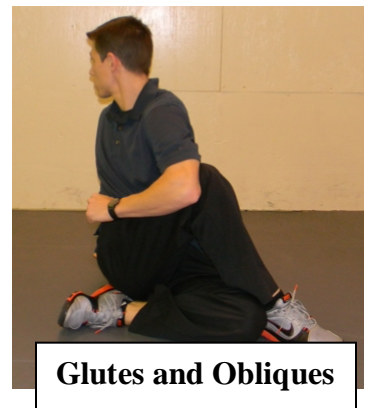
**Hip Flexors & Hamstrings**



**Neck**



**Neck**



**Glutes and Obliques**