

Rules for Stretching

- Stretching should never hurt
- Stretch after warm up or cool down
- Don't bounce, stretch and hold for 10 – 15 seconds
- Do each stretch 1 to 2 times
- Stretching improves flexibility which can help avoid injury while exercising

Chest Stretch



Interlock fingers behind back and straighten arms and bring shoulders back



Put hand on wall or firm surface at shoulder level
Turn away from hand stretching chest forward

Shoulder stretch



With arm up at shoulder level,
gently pull elbow towards opposite shoulder
Switch arms

Tricep stretch



Raise one arm overhead, drop hand down between shoulders
Grab elbow with other hand, gently pull elbow
Switch arms

Hamstring stretch



Place foot on step or stool
Lean forward gently keeping back straight
Switch sides

Butterfly stretch



Sit on ground back straight, bring soles of feet together
Hold onto feet, gently push forward from waist if do not feel stretch

Calf stretch



Stand on step with back straight
Drop heel down, keeping leg straight
Switch sides