

EXERCISE PROGRAMS



Stretching



Stretching

Introduction

This document is a collaboration of many different stretches that are good for both men and women to use post-workout, as they are all *static* stretches. There are a variety of choices to use with your clients and should be chosen depending on which muscles their exercise routine targeted.

Tips for the Workout

- ▶ The routines that you train should begin with dynamic stretches, and cease with static stretches as a way to help cool down the body.
- ▶ Ensure that your client continues to drink plenty of water throughout the rest of the day, as well as eating an adequate diet to nourish the tired muscles.

Stretching

Introduction

This document is a collaboration of many different stretches that are good for both men and women to use post-workout, as they are all *static* stretches. There are a variety of choices to use with your clients and should be chosen depending on which muscles their exercise routine targeted.

Tips for the Workout

- ▶ The routines that you train should begin with dynamic stretches, and cease with static stretches as a way to help cool down the body.
- ▶ Ensure that your client continues to drink plenty of water throughout the rest of the day, as well as eating an adequate diet to nourish the tired muscles.

Yoga - Downward Dog

Hold for 15-30 seconds. Repeat 2-5 times.



Glute & Low Back Stretch - Partner Assisted

Hold for 20-40 seconds. Repeat 1-3 times.



Glute Stretch - Lying - Legs Crossed

Hold for 20-40 seconds. Repeat 1-3 times.



Hip Flexor - Quadriceps Stretch - Exercise Ball

Hold for 20-40 seconds. Repeat 1-3 times.



Hip Flexor Stretch - Lateral Flexion

Hold for 20-40 seconds. Repeat 1-3 times.



Calf Stretch - Lunge to Wall

Hold for 20-40 seconds. Repeat 1-3 times.



Yoga - Ankle Up

Hold for 10-30 seconds. Repeat 1-3 times.



Cobra Stretch

Hold for 20-30 seconds. Repeat 2-5 times.



Low Back Stretch - Push - Partner Assisted

Hold for 20-30 seconds. Repeat 3-5 times.



Yoga - Squat Wide - Side Stretch

Hold for 10-30 seconds. Repeat 2-5 times.



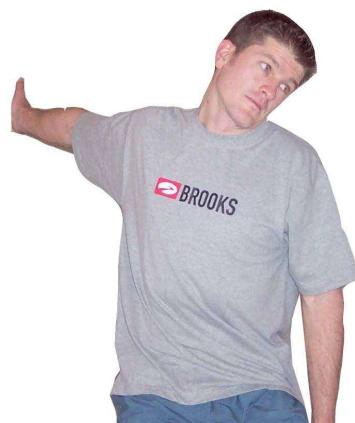
Thoracic Spine Mobility - Foam Roller - Dynamic

Complete 1-2 sets of 10-20 repetitions. Rest 0 between sets.



Neck & Arm Stretch - Neural - Hand on Wall

Complete 2-4 sets of 6-12 repetitions. Rest 0 between sets.



Pectoral & Anterior Shoulder Stretch
Hold for 20-40 seconds. Repeat 1-3 times.



Pectoral Stretch - Arms Out - PNF with Partner
Hold for 5 seconds. Repeat 5-10 times.



Posterior Shoulder Stretch - Thigh Hug
Hold for 20-40 seconds. Repeat 1-3 times.



Latissimus Dorsi Stretch - Kneeling - Palms Down
Hold for 20-40 seconds. Repeat 1-3 times.

