

Flexibility Training

WARNING – Never aggressively stretch by bouncing. Pain, a quivering muscle, or holding your breath can cause a loss of flexibility and possible injury. Stretches should be held for a minimum of 30 seconds, as muscle tension reduces, ease into the stretch further.

Lower Body

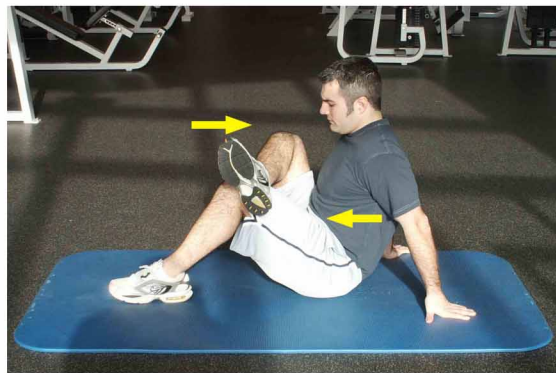
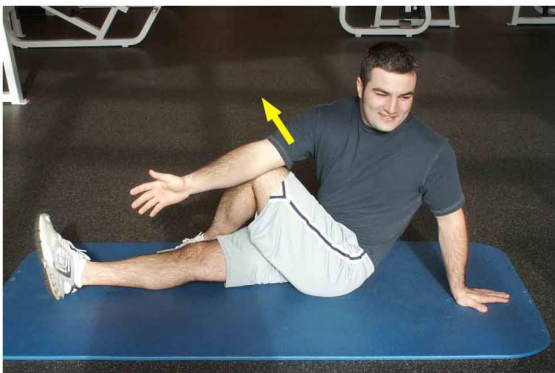
Calves (Gastrocnemius & Soleus)



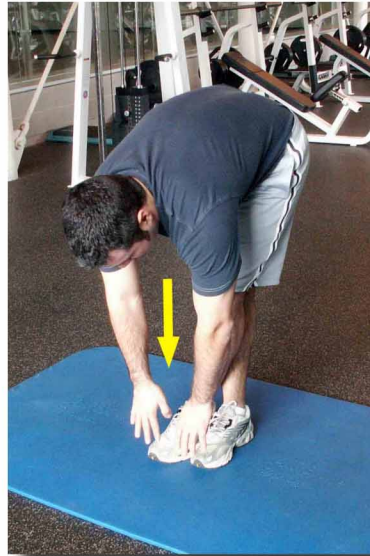
Thigh (Quadriceps)



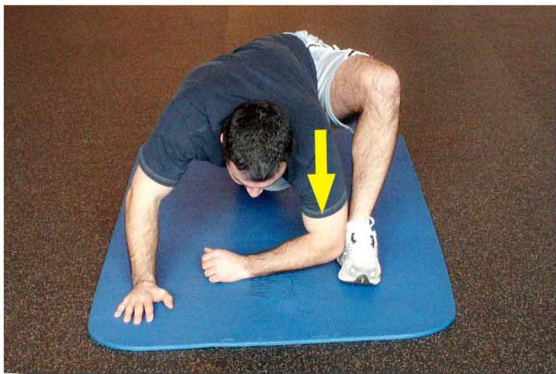
Outer Hip (gluteus medius)



Hamstrings (Biceps Femoris, Semitendin & membranosis)



Standing Crossover



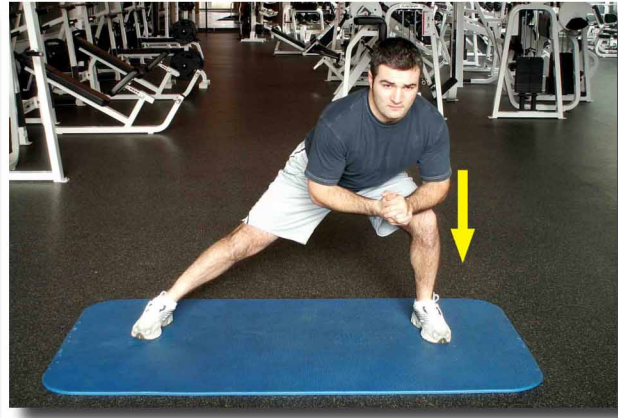
Elbow Lunge

Standing Inner Thigh (Adductors of the Hip)

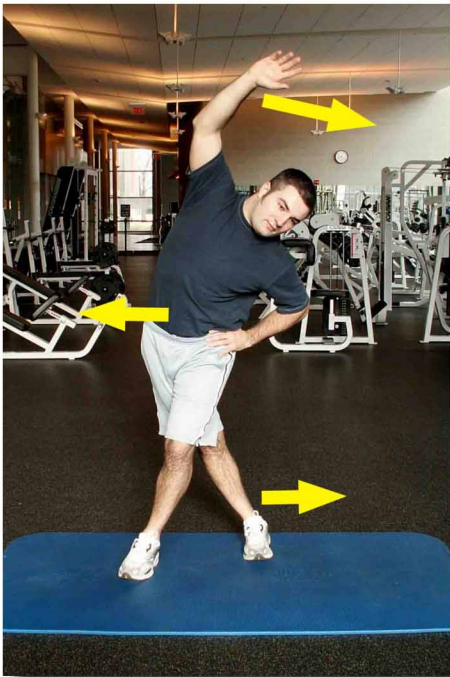
Standing Lunge



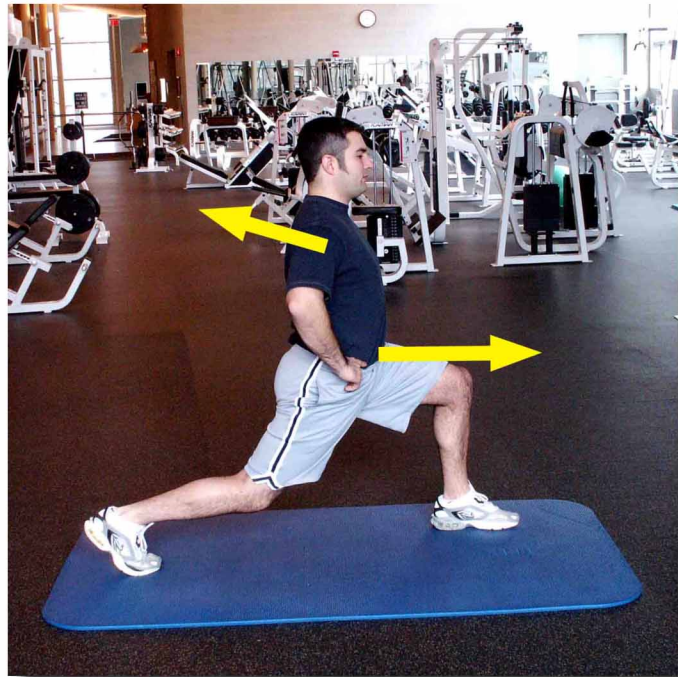
Lateral Squat



**Standing Outer Hip
(Abductors of the Hip)**

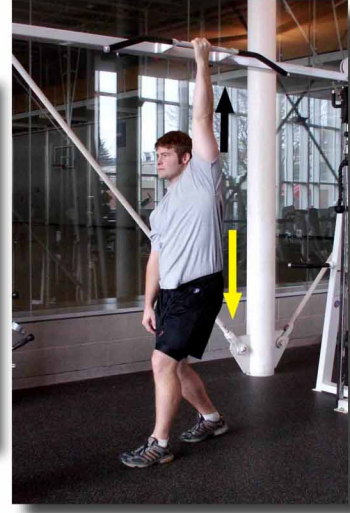


Standing Hip Flexor Group (Iliopsoas)



Upper Body

Back (Latissimus Dorsi)



Neck, Upper Back (Trapezius)

Chest (Pectoralis)



Rope Stretching

Using a rope to stretch enables you to use advanced stretching techniques. Concentrate on relaxing your leg and actively pulling the rope with the upper body. One advanced technique is proprioneuromuscular facilitation (PNF) stretching:

1. Provide resistance for 5 seconds (pull on the rope), while simultaneously pushing against the rope with your targeted limb.
2. Relax the limb you are stretching and actively pull on the rope to gain range of motion. Pull until you feel light to moderate tension (avoid pain) and maintain that position until the tension reduces. (The muscle targeted should NOT be active during this phase).
3. Repeat steps one and two for three sets.

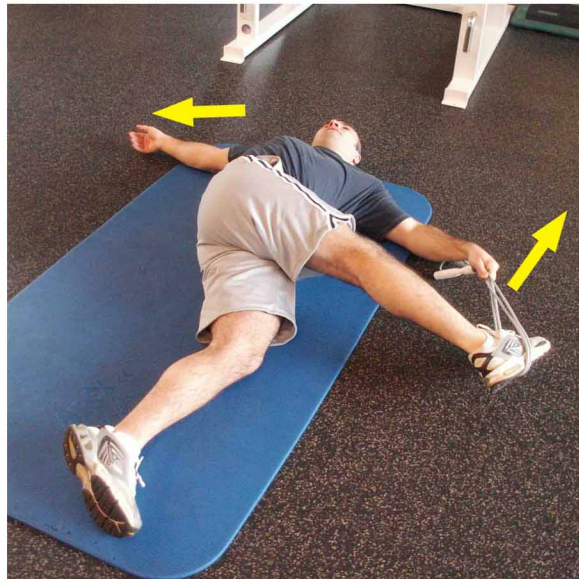
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Lying Hamstring and Calve



Lying Hamstring and Calve

Lying Hamstring and Outer Hip



Lying Piriformis

