

General Stretching

Stretching 101



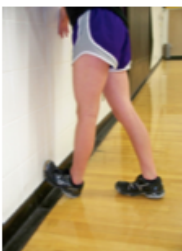
Stretching is a key component to any workout routine. It can help increase range of motion and reduce pain. Stretching is also an important part of the recovery process. Go through the stretches below after your workout to decrease soreness the next day. Below is a general stretching routine, if you have an injury or pain see your athletic trainer first! Some stretches are better than others. There are also thousands of ways to stretch the same muscle group so if you want to stretch your hip flexors and the stretch below isn't working, see the athletic trainer to get a different one.

3X30 Sec

The stretches below all say to hold each stretch for 30 seconds, 3 times. This is a general guideline. You can also perform a slight rocking motion in the stretch during the 30 seconds. This makes it more of a dynamic stretch. The gentle rocking motion is not fast, nor is it a jerking motion. Stretching is meant to feel relaxing.

This is not a “no pain no gain” situation.

1



CALF STRETCH

Place foot against wall. Keep knee straight, but not locked. Lean forward until you feel a comfortable stretch.

Next bend your knee slightly to feel a stretch in your Achilles tendon area.

Repeat 3 Times
Hold 30 Seconds

2



HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times
Hold 30 Seconds



GLUTE STRETCH

Place one leg in front of you with your knee outside of your hip as shown. Adjust the position of your heel (closer or farther from your groin) based on comfort and amount of stretch. Make sure that your back leg is straight behind your hip and that your pelvis is level. Sit up as straight as you are able.

Repeat 3 Times
Hold 30 Seconds

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4



QUAD STRETCH

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh. Do not bend forward, keep your torso upright.

Repeat 3 Times
Hold 30 Seconds

Video # VVP237T48

5



GROIN STRETCH

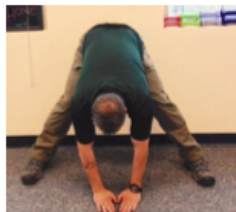
Start in a standing position and feet spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

Repeat 3 Times
Hold 30 Seconds

Video # VVH3D9ELB

6



HAMSTRING STRETCH

Spread the legs out wide, and then slowly lower your hands to the ground towards the center. Try to get the palms of your hands as flat against the ground as possible.

Repeat 3 Times
Hold 30 Seconds

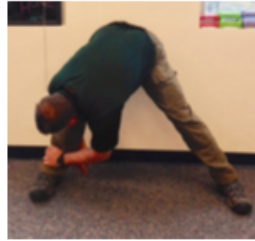


HAMSTRING/LOW BACK STRETCH

Spread your legs out wide, and then lean to the left side. As you start to lean towards your left leg, place your left hand around the back of the calf and then reach across with the right hand to grab the left ankle. You may also feel this in the right side of your lower back

Repeat 3 Times
Hold 30 Seconds

8



HAMSTRING/LOW BACK STRETCH

Spread your legs out wide, and then lean to the right side. As you start to lean towards your right leg, place your right hand around the back of the calf and then reach across with the left hand to grab the right ankle. You may also feel this in the left side of your lower back.

Repeat 3 Times
Hold 30 Seconds

9



LAT STRETCH

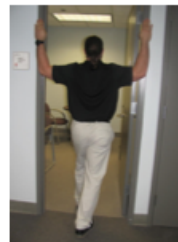
Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Repeat 3 Times
Hold 30 Seconds

Video # VVA8Z8US2

10



PEC STRETCH

Standing in a doorway. Place your arms on the door frame.

Step through while keeping your head and chest up.

Do not arch your back.

Repeat 3 Times
Hold 30 Seconds

11



RHOMBOID AND MIDDLE TRAP STRETCH

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Repeat 3 Times
Hold 30 Seconds

Video # VVMVPQX76