

WHY STRETCH?

IMPROVED FLEXIBILITY



DECREASED INJURY RISK



INCREASED PERFORMANCE

Increases range of motion and blood flow to your joints allowing them to function properly and efficiently.

KEYS TO PROPER STRETCHING:

NEVER STRETCH COLD MUSCLES

Warm-up with light walking, jogging or biking at low intensity for 5-10 minutes.

DON'T BOUNCE

Stretch in a smooth movement to prevent injury.

SPORT/ACTIVITY-SPECIFIC STRETCHING

Helps reduce the risk of commonly related injuries.

POST WORKOUT

Deep stretches while muscles are warmed-up.

HOLD

each stretch for 30 seconds. BREATHE during the stretch to reduce muscle tension. Problem areas may require holding for 60 seconds or more.



KEEP IT SYMMETRICAL

Have equal flexibility on both left/right sides.

DON'T STRETCH THROUGH PAIN.

STRETCH REGULARLY AND CONSISTENTLY,

otherwise range of motion may decrease and lead to injury.

FOCUS ON MAJOR MUSCLE GROUPS

Stretch calves, thighs, hips, lower back, neck and shoulders.



PRACTICE DYNAMIC STRETCHING,

or gentle movements to increase flexibility for specific movements. Start slowly to "wake-up" muscles, then gradually speed up until your muscles are accustomed to the motion.