

## STRETCHING GUIDE:

### Basic Instructions:

Choose 2 stretches for each muscle group and hold 30-60 seconds. Follow with split series to the right, left and middle. Hold each stretch 30-60 seconds.

Most muscle groups include basic and advanced stretches. Begin with basic stretches and move on to advanced stretches when you are ready for a challenge.

Stretch for approximately 15 minutes, 2x a day if possible. You can choose different stretches for your second session or repeat the first set.

Most people are less flexible in a particular muscle group. For example, some people have flexible hamstrings but tight hip flexors. If you know where you are less flexible, add an extra stretch or two for that area.

### Muscle Groups:

#### A. Hamstring and Calf

##### a. Basic

- 1) Seated hurdle stretch
- 2) Standing hamstring stretch
- 3) Standing pike stretch
- 4) Seated pike stretch
- 5) Inverted pike stretch
- 6) Standing calf stretch

##### b. Advanced

- 1) PNF stretch with band
- 2) Inverted pike with feet on wall
- 3) Standing hamstring stretch
- 4) Hamstring pull
- 5) Hamstring pull on side
- 6) Supine hamstring pull, leg to side

#### B. Straddle Stretches

- 1) Straddle, stretch to side
- 2) Straddle, stretch chest to knee
- 3) Straddle, stretch to center
- 4) Supine straddle on wall
- 5) Butterfly



### C. Quads and Hip

#### a. Basic

- 1) Basic quad stretch
- 2) Basic quad stretch on side
- 3) Seated hip stretch
- 4) Supine hip stretch
- 5) Ankle over knee
- 6) Spinal twist

#### b. Advanced

- 1) Pigeon
- 2) Forward stretch in pigeon
- 3) Quad stretch in pigeon
- 4) Quad stretch on wall
- 5) Frog stretch on stomach

### D. Split Series

#### a. Basic and variations

- 1) Lunge
- 2) Kneeling hamstring stretch
- 3) Split
- 4) Lizard
- 5) Kneeling hamstring stretch with leg up
- 6) Split – arms up

#### b. Advanced

- 1) Arch back in split
- 2) Stretch forward in split
- 3) Over split
- 4) Split on wall
- 5) Split in doorway
- 6) PNF stretch in split

**HAMSTRING/CALF: BASIC**

1) Seated hurdle stretch.



4)

Seated pike stretch.

2) Standing hamstring stretch.



5)

Inverted pike stretch.

3) Standing pike stretch



6)  
Standing calf stretch.

**HAMSTRING/CALF: ADVANCED**

- 1) PNF stretch- pulling and resisting with band.



- 2) Inverted pike with feet on wall.



- 3) Standing hamstring stretch.



- 4) Hamstring pull.



- 5) Hamstring pull on side.

- 6) Supine hamstring pull, leg to side.



### **STRADDLE STRETCHES**

1) Straddle, stretch to side.

2) Straddle, stretch chest to knee.

3) Straddle, stretch to center.



4) Supine straddle on wall.

5) Butterfly.

**QUAD/HIP STRETCHES: BASIC**

1) Basic quad stretch.



2) Basic quad stretch on side.



3) Seated hip stretch.



4) Supine hip stretch.

**QUAD/HIP STRETCHES:**  
**ADVANCED**

1) Pigeon



2)

5) Ankle over knee.

Forward  
stretch in  
pigeon.

6) Spinal twist.



3) Quad stretch in pigeon.



4) Quad stretch on the wall.



5) Frog stretch on stomach.



**SPLIT SERIES STRETCHES:**

***BASIC***

1) Lunge.



***VARIATIONS***



4) Lizard

2) Kneeling hamstring stretch.



3) Split.



Repeat other side.  
Stretch middle splits

5) Kneeling hamstring stretch – leg up.

6) Split – arms up.



**ADVANCED SPLIT STRETCHES**

1) Arch back in split.



1) Stretch forward in split.



2) Oversplit. (at home use a rolled up towel, a telephone book, a step)



Complete stretches with right and left legs.



3) Split on wall.

4) Split in doorway.

- 5) PNF stretch in split (contract against the stretch for 5-6 counts; relax into split, repeat 3x in right, left and middle splits)

