



THE COMPLETE

STRETCH GUIDE

IMPROVE YOUR POSTURE, REDUCE
PAIN & BOOST YOUR PERFORMANCE

TYPES OF STRETCHES



STATIC STRETCHES

Static stretches are those in which you stand, sit or lie and hold a single position for a certain amount of time, usually between 30-45 seconds. Static stretches are fantastic for improving your flexibility, range of motion and posture. They're **perfect for relaxing and releasing tight muscles after a workouts.**

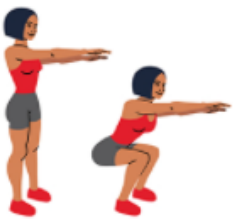
DYNAMIC STRETCHES

Dynamic stretches are controlled movements that help prepare the muscles, ligaments and joints for exercise. **Dynamic stretches are designed to be performed before a workout to help performance and decrease the risk of injury.**

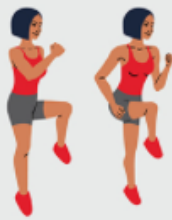
BEST STRETCHES BEFORE A WORKOUT

Before a workout performing simple dynamic stretches will have a huge impact on your performance and overall results. Gentle movements putting the muscles and joints through a full range of motion will mentally prepare and physically ease you off before you start the heavy stuff. It's important to note that we never do static stretches before a workout as this can actually tire out the muscles and weaken them

DYNAMIC STRETCHES



Squats



High Knees



Leg Swings



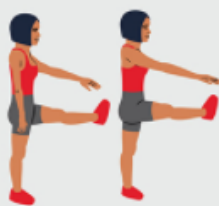
Lunges



Plank Walk-Outs



Arm Circles



Standing Toe Taps



Jumping Jacks



Butt Kicks



Hip Circles

A huge thanks to ATI Physical Therapy for this awesome guide
Perform each movement for 30 seconds.

BEST STRETCHES AFTER A WORKOUT

The best time to utilise static stretching is once you've completed your workout, this is when your muscles are already lovely and warm, which will help stretch them more effectively. This is also the safest time to static stretch. Feel free to do these stretches throughout your day aswell to continue progressing your flexibility and ease off any tension created throughout your day.

STATIC STRETCHES



Shoulder Stretch



Toe Touch



Samson Stretch



Butterfly Stretch



Quadriceps Stretch



Cobra Stretch



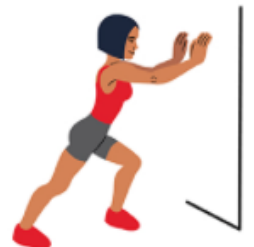
Knee to Chest



Cat Stretch/Cow Stretch



Side Bend



Calf Stretch

Hold each stretch for between 30-45 seconds.
Focus on trying to develop each stretch over time .

BEST STRETCHES TO IMPROVE YOUR POSTURE



Unfortunately the nature of our modern lives can have a huge affect on our posture. Humans were never really designed to sit around so much, we were designed to chase prey, climb trees and forage for berries etc

Now, we sit a lot. The average person sits around a 1/3 of their day. Which is a lot when they spend another 1/3 asleep.

Sitting has no benefit at all to our posture. It will cause us to hunch our upper back and neck, as well as tighten our hamstrings and hip flexors that strain our lower backs

Luckily we can reverse the effects with some pretty basic stretches. These performed a few times a week will really help us stand taller and feel less pain associated with poor posture

Check out these 3 posture programs. A huge thanks to gymguider.com and Kelly Collins for these fantastic guides



YOGA POSES FOR BACK PAIN

GYMGUIDER.COM



Butterfly Pose



*Downward Facing
Dog Pose*



Cow Pose



Pidgeon Pose



Triangle Pose



Cobra Pose



7 YOGA POSES TO *Build Spine* STRENGTH AND FLEXIBILITY

**SEATED
TWIST**
8 BREATHS
PER SIDE



**SEATED
FORWARD
FOLD**
8 BREATHS



**LOCUST
POSE**
8 BREATHS



**CAT
POSE**
5 BREATHS



**COW
POSE**
5 BREATHS



**SEATED
SIDE
STRETCH**
8 BREATHS
PER SIDE



**EXTENDED
SIDE ANGLE**
5 BREATHS
PER SIDE



5 SOOTHING *Stretches* FOR NECK PAIN RELIEF



NECK ROLLS
10 reps



LATERAL FLEXION A
8 breaths per side

LATERAL FLEXION B
30 seconds per side



LATERAL ROTATION
3 reps per side

SCALENE STRETCH
20 seconds per side