

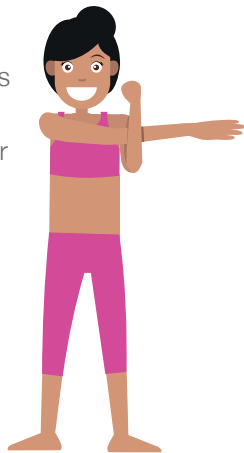


STRETCHING GUIDELINE

Static stretching is the type of stretching you generally do at the end of training and involves targeting individual muscles or a group of muscles. In a static stretch, get into a position and hold that position for 30 seconds. You can also do some of these before your workout, if any specific area of your body feels particularly tight or stiff. Use your gym mat or towel for the floor stretches. Hold each stretch for 30 seconds and repeat it two to three times, depending on the time you have available.

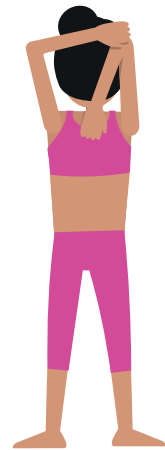
1. SHOULDER AND UPPER BACK STRETCH

Stretch your arm across your upper body, being careful not to raise your shoulders. Alternate arms to stretch both sides.



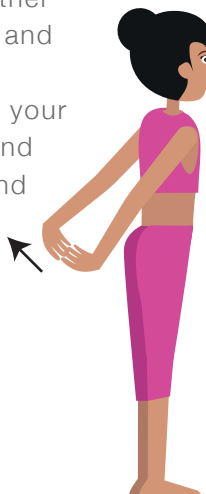
2. TRICEPS STRETCH (UPPER ARM)

Hold your elbow with your opposite hand, so that your elbow points to the ceiling/sky. Alternate arms to stretch both triceps muscles.



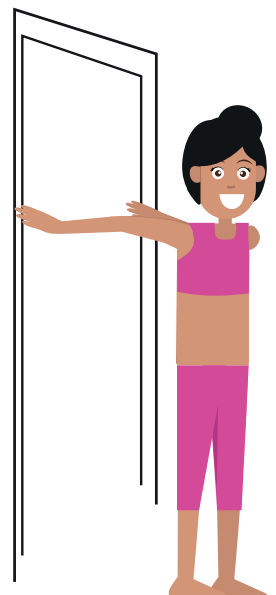
3. CHEST STRETCH

Clasp hands together behind your back and slowly raise them upwards, keeping your shoulders down and your legs, back and neck straight.



4. DOOR STRETCH (CHEST, BICEPS AND SHOULDER STRETCH)

Stand in front of a doorway and place both hands firmly on the door frame. Keep your arms a little below shoulder height. Make sure your thumbs are facing up and you are standing upright and not leaning forward, then slowly move forward until you feel the stretch. Hold, rest, and repeat.



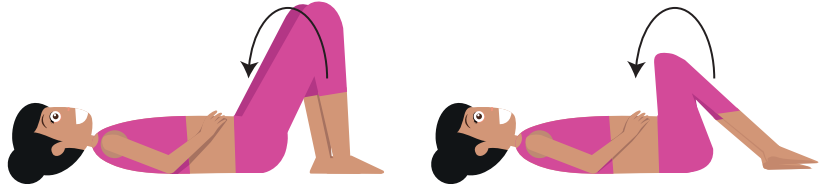
5. ABDOMINAL (STOMACH MUSCLE) STRETCH

Lie flat on your stomach with your hands on the side. Using your hands, raise your upper body off the ground and look up towards the ceiling/sky.



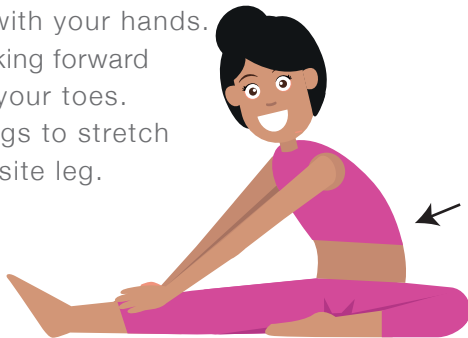
6. LOWER BACK STRETCH

Lie flat on the floor on your back, bend your knees and bring your feet closer to your body. Your feet should be about a fist's width apart. With your arms on your stomach, or flat on either side of you, move your knees to one side...hold...and then gently to the other side and repeat.



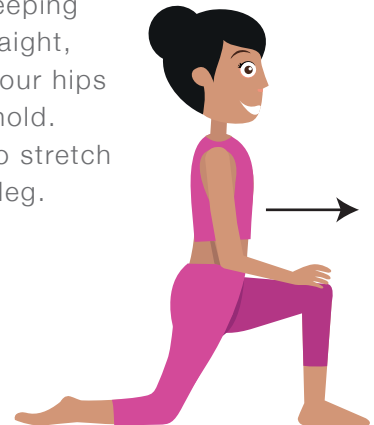
7. LOWER BACK AND HAMSTRINGS (BACK OF THIGH) STRETCH

Stretch forward with one leg straight, one leg bent and hold it for 30 seconds. Every time you do this stretch, slowly try to move further forward with your hands. Keep looking forward towards your toes. Switch legs to stretch the opposite leg.



8. HIP FLEXOR AND QUADRICEPS (FRONT OF THIGH MUSCLE) STRETCH

Kneel on the floor on one knee. Keeping your back straight, gently push your hips forward and hold. Switch legs to stretch the opposite leg.



9. LOWER BACK AND GLUTES/BUTTOCKS STRETCH

Sitting on the floor, cross one leg over the other, keeping the foot of your bent leg on the floor. Twist away from the straight leg and place your elbow on the outside of your bent knee, with your other hand on the floor behind you. Hold this position and then repeat on the other side.



10. CALF STRETCH

Using any stable step, stand on the edge of the step on the balls of your feet, holding the stair railing or wall firmly. Gently lower your heels below the line of the step until you feel a stretch. Hold and repeat.

