



Stretching Manual

Let's be honest, we all need to stretch more. That 15-second quad stretch you do once a week just isn't cutting it. But you don't need to be a yogi to increase your flexibility, all it takes is a bit of time and patience. Stretching takes your muscles to their fullest length, which helps increase the range of motion of joints, ligaments, tendons, improve blood flow and maintain proper posture. The stretches in this manual are not all-encompassing, rather they target major muscle groups and common problematic areas.

All stretches herein should be performed statically and held for **30-60 seconds each**. If you ever feel any discomfort or sharp pain stop immediately. For best results, stretch when your muscles are warmed up. A warm muscle, like a warm piece of gum, has greater elasticity and can stretch further. A cold muscle, like a cold piece of gum, can crack (tear) when stretched. Remember, every body is different and no stretch will feel the same between two people. Be mindful of pre-existing injuries and do not push through pain. Enjoy!

Target Muscle(s) – Butt (Gluteus Maximus, Minimus, & Medius)

Keys – The gluteus maximus is the largest muscle in the body. Tightness in this muscle can cause pain and stiffness in the lower back

Instruction – Lay flat on the ground, take one hand and grab your opposite knee. While keeping your hips flush to the ground pull the knee up and across your body until you feel an “achy-nice” pain.



Target Muscle(s) – Inner Thigh (Hip Adductors)

Keys – Your hip adductors are responsible for pulling the legs in to the body and help with medial stabilization.

Instruction – Sit on the ground, take both feet and push them together bringing them as close to your body as possible. The, push down on your legs until you feel an “achy-nice” pain in your inner thighs.



Target Muscle(s) – Hip Flexors (Quads and Iliopsoas)

Keys – Your hip flexors are responsible for flexion of the leg at the hip joint. They attach through your body to your spine. When tight they can cause back pain.

Instruction – Kneel on the ground with one foot forward. Push the rear knee forward through the floor and lean back until you feel an “achy-nice” pain through your hip joint.





Target Muscle(s) – Calves (Gastrocnemius and Soleus)

Keys – Your calves are in use all day! That means they need to be stretched. Tight calves can reduce ankle mobility and cause knee pain.

Instruction – Against a wall, plant your feet and straighten your rear leg. Keep your heel down and lean forward until you feel an “achy-nice” pain in your calves.



Target Muscle(s) – Hamstrings

Keys – Your hamstrings are actually 3 muscles. During this stretch tilt your leg to either side to target them differently.

Instruction – Standing beside a bench or elevated object, place one heel up and straighten that leg while bending your back leg for stability. Lean forward until you feel an “achy-nice” pain in the back of the leg.



Target Muscle(s) – Hip (Piriformis)

Keys – The piriformis muscle attaches from the tail bone to the femur across the sciatic nerve. When this muscle is tight, it can become inflamed and cause sciatic nerve pain.

Instruction – Sit down and cross the ankle of your target leg across the opposite knee. Put pressure on the target leg’s knee and lean forward until you feel an “achy-nice” pain in rear hip/glute area.





Target Muscle(s) –Back (Latissimus Dorsi)

Keys – The lats when tight can immobilize the shoulder blades (scapula) and prevent proper range of motion in over-the-head movements such as shoulder press or overhead squats.

Instruction – Lengthen your torso and reach up and over your body until you feel an “achy-nice” pain in your side just below your armpit.



Target Muscle(s) –Chest (Pectoralis Major & Minor)

Keys – The chest muscles pull the shoulder inward. When tight, they can cause rounded shoulder posture and protraction of the shoulder blades (winged scap) resulting shoulder/back pain.

Instruction – Against a corner or doorway, make a right angle with your arm and push through the forearm while turning your body away until you feel an “achy-nice” pain in your chest.



Target Muscle(s) – Neck (Levator Scapulae & Superior Trapezius)

Keys – The levator scapulae and superior trapezius muscles are often the culprits of neck pain, headaches an even migraines.

Instruction – Take one hand and put it against the small of your back. Then, push your head forward and tilt down to your other side. Lightly, pull down and forward on your head to the same side until you feel an “achy-nice” pain in your neck/upper back.





Target Muscle(s) –Arm/Shoulder (Biceps/Deltoids)

Keys – The biceps can be a sneaky muscle that when tight cause shoulder pain. Like any other muscle, it’s important to stretch this area to promote overall flexibility and range of motion.

Instruction – Straighten your arm back with your thumb down while sideways to a wall. Then squeeze your shoulder blades together and push the bicep in toward the wall until you feel an “achy-nice” pain in your arm and shoulder.



Target Muscle(s) –Arm (Triceps)

Keys – The triceps are in use any time your arm is at full extension, so it’s important to keep these muscles flexible to avoid inhibiting daily movements.

Instruction – Elevate your arm and bend your elbow down so your hand rests behind your upper back. Then, gently grab your elbow with your opposite hand and apply pressure while pushing the elbow into the hand until you feel an “achy-nice” pain in the back of your arm.

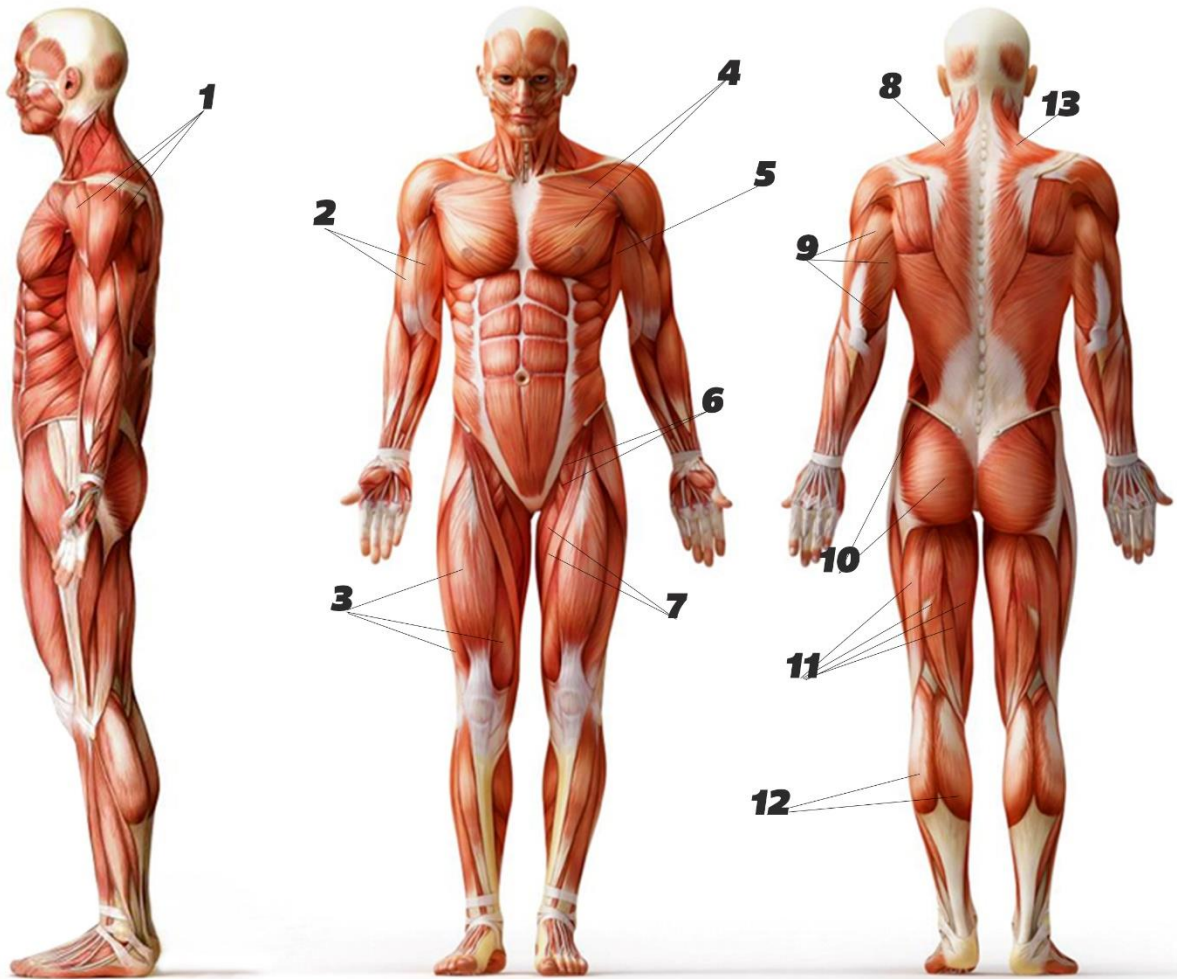


Target Muscle(s) – Shoulder (Deltoids)

Keys – Your shoulders are always in use as a stabilizer or prime mover for most upper-body exercises. As one of the most commonly injured areas, it’s very important to perform shoulder stretches regularly.

Instruction – Lengthen one arm across the front of your body, then take the other arm and pull inward applying pressure. At the same time, push outward with your shoulder until you feel an “achy-nice” pain in your shoulder.





- 1) Deltoids
- 2) Biceps
- 3) Quadriceps
- 4) Pectorals
- 5) Lats
- 6) Hip Flexors
- 7) Adductors
- 8) Trapezius
- 9) Triceps
- 10) Glutes
- 11) Hamstrings
- 12) Calves
- 13) Levator Scapulae