

Stretching and Flexibility Training

Flexibility is the ability to move a joint through its full range of motion.

Stretching is one of the basic components of a sound exercise program. Good flexibility is not only important for exercise, but also for daily activities such as bending down to put on socks or reaching overhead to grab a tool in your garage. Regular stretching should be a part of your daily exercise routine.

Why should I stretch?

- To improve joint range of motion
- To improve muscle performance
- To promote better circulation
- To reduce the chance of muscular injuries
- To help prevent muscle stiffness and soreness
- To help reduce tension and to encourage relaxation
- To help you develop better awareness of your body

When should I stretch?

- To loosen your muscles, stretch after you warm-up but before you begin your physical activity.
- To increase your flexibility and improve your range of motion, stretch after your physical activity.
- Stretching can be done anytime, anywhere (as long as you're warmed up). Aim to stretch at least 3 times per week, even if you don't have time to exercise.

How do I stretch?

- Stretch in a slow relaxed manner
- Stretch until you feel a slight discomfort (not pain) in the muscle
- Hold each stretch for at least 30 seconds
- Don't bounce
- Repeat each stretch two or more times
- Breathe normally

What do I stretch?

- Focus on any area that is particularly tight
- Focus on the muscles you are going to use or have used during your activity

For a quick and easy stretching routine see the pictures on the back of this fact sheet or check our stretching booklet for the following stretches:

Standing-

Chest: pecs

Arms: Biceps

Arms: Triceps

Legs: calves

Legs: groin

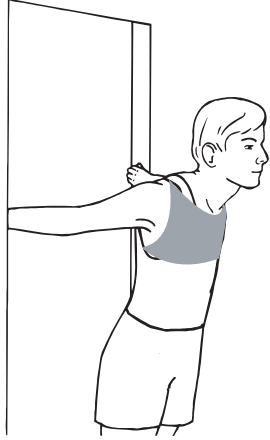
Legs: hamstrings

Legs: quadriceps

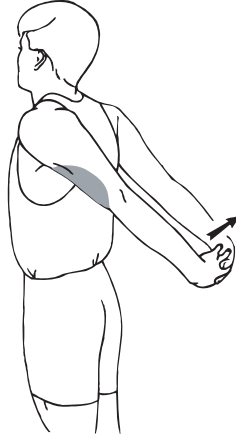
Back: lumbar extensors



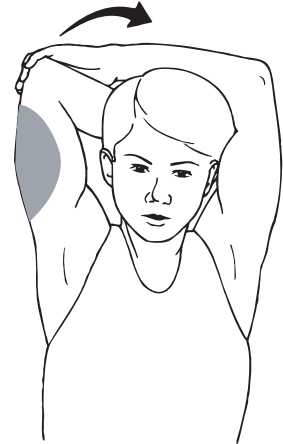
Chest: Pecs



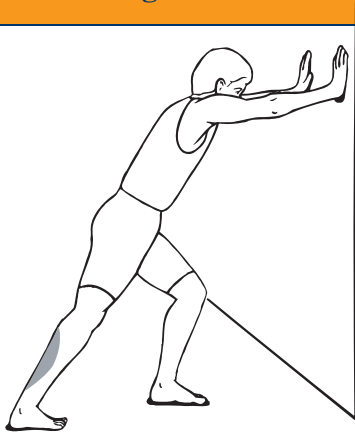
Arms: Biceps



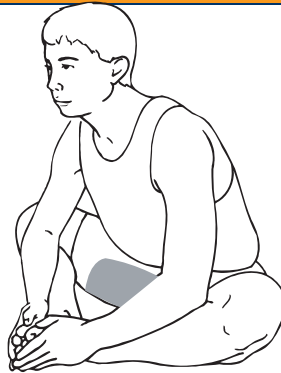
Arms: Triceps



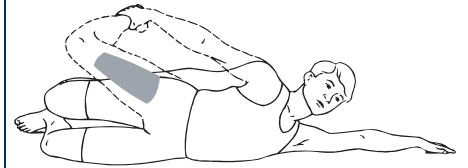
Legs: Calves



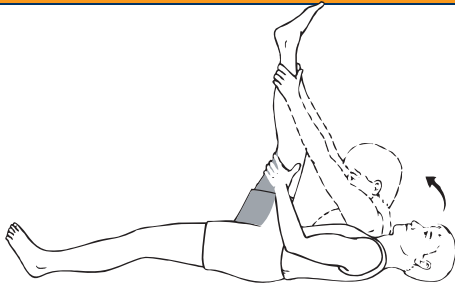
Legs: Groin



Legs: Quadriceps



Legs: Hamstrings



Back: Lumbar Extensors

