

# Stretches

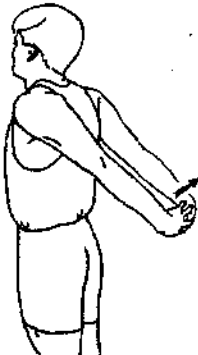
Routine For:  
Created By: Ken Grace

Nov 10, 2001

## ARMS - 1 Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 20 seconds.

Repeat 2 times.  
Do 2 sessions per day.



## HAMSTRINGS - 3 Head to Knee

With hands on ankle, pull head toward knee and hold 20 seconds. Repeat with other leg.

Repeat 2 times. Do 2 sessions per day.



## HAMSTRINGS - 7 Leg Raise

With hand behind knee, pull leg forward until stretch is felt. Hold 20 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

Repeat 2 times. Do 1 sessions per day.



## GROIN - 4 Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold 20 seconds.

Repeat 2 times.  
Do 1 sessions per day.



## GROIN - 5 Thigh Adductors

From beginning position, slide foot further to side until stretch is felt. Hold 20 seconds. Repeat to other side.

Repeat 2 times. Do 1 sessions per day.



## NECK - 9 Side Benders

Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Hold 20 seconds. Repeat to other side.

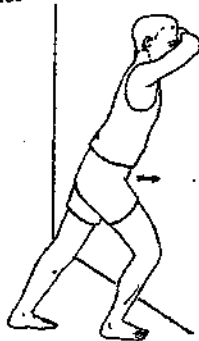
Repeat 2 times. Do 1 sessions per day.



## LOWER LEG - 9 Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold 20 seconds. Repeat with other leg.

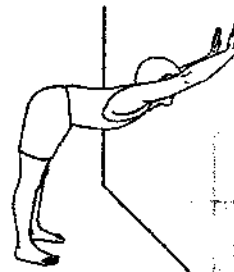
Repeat 2 times.  
Do 1 sessions per day.



## SHOULDERS - 6 Extensors

With hands on wall or rail and feet shoulder-width apart, move chest toward floor. Hold 20 seconds.

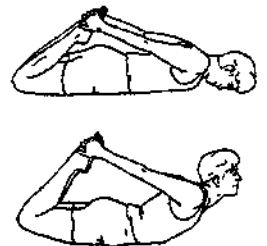
Repeat 2 times.  
Do 1 sessions per day.



## CHEST AND ABDOMEN - 5 Abdominals and Pectorals

Grab both feet below ankles. Arch back and pull feet toward head until stretch is felt. Hold 20 seconds.

Repeat 2 times.  
Do 1 sessions per day.



## HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold 20 seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg in front of the left leg.

Repeat 2 times.  
Do 1 sessions per day.



## SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 20 seconds. Repeat with other arm.

Repeat 2 times.  
Do 1 sessions per day.



## UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 20 seconds. Repeat with other heel.

Repeat 2 times.  
Do 1 sessions per day.

