

STRETCHING

WHEN SHOULD I STRETCH?

- ✓ BEFORE A WORKOUT,
PRACTICE OR GAME
- ✓ AFTER A WORKOUT,
PRACTICE OR GAME

Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints



Benefits of Stretching

1. Improves Posture
2. Decreases risk of injury
3. Improves performance
both in daily life and in sports/activity!
4. Promotes muscle recovery
increases blood and nutrient flow to the muscles and relieves tension
5. Reduces muscle aches and pains
especially in the lower back
6. Enhanced Coordination
7. Better Circulation
8. Stress relief from daily life
9. Increased Energy
because of better circulation

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Muscle Groups

To increase flexibility, include these muscle groups in your stretching routine:

- Shoulders (deltoid and rotator cuff)
- Back (muscles of the lower, middle, and upper back)
- Thighs (hamstring and quad)
- Calves (gastrocnemius and soleus)
- Arms (biceps, triceps, and forearm muscles)



CHEST



UPPER BACK



BACK OF UPPER ARMS



CALF



BACK OF THIGHS



BACK OF THIGHS



FRONT OF THIGHS



FRONT OF THIGHS



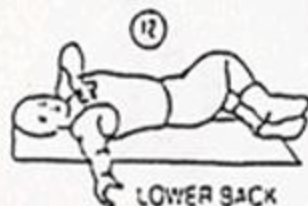
OUTER THIGHS



INNER THIGHS



INNER THIGHS



LOWER BACK



LOWER BACK



LOWER BACK



TORSO



**KEEP
CALM
AND
STRETCH**

