

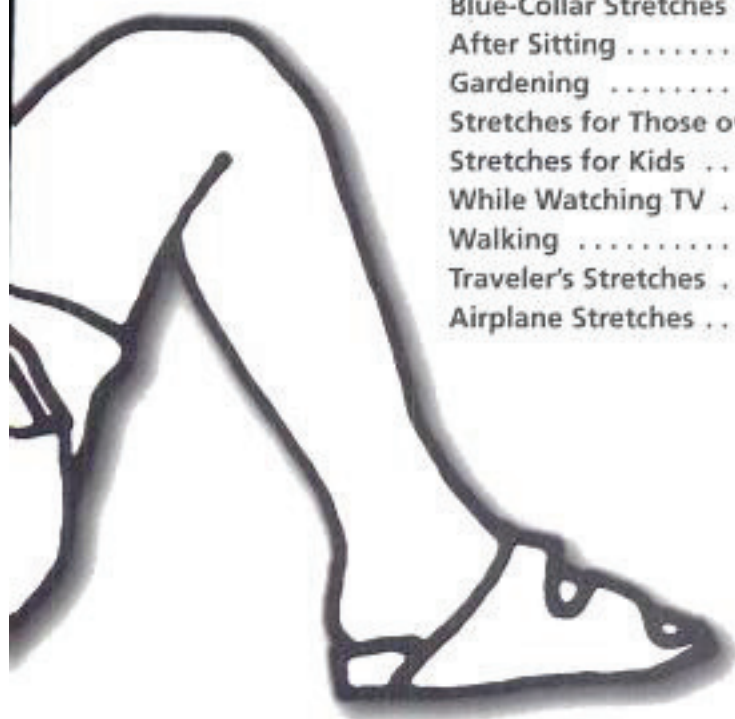
STRETCHING ROUTINES

Everyday Activities

These are stretching routines that can help you in dealing with the muscular tension and tightness of everyday life. There are routines for different age groups, different body parts, different occupations and activities, as well as stretches to do spontaneously at odd moments throughout the day. Once you learn how to stretch, you will be able to develop your own routines to suit your own particular needs.

When you first do the routines, you can look up the instructions for each stretch in the page numbers listed. After a while you will know how to stretch without looking at the instructions each time.

In the Morning	106
Before Bed	107
Everyday Stretches	108
Hands, Arms, and Shoulders	110
Neck, Shoulders, and Arms	111
Legs, Groin, and Hips	112
Lower Back Tension	113
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In the Morning

Approximately 4 Minutes

Start the day with some relaxed stretches so your body can function more naturally. Tight and stiff muscles will feel good from comfortable stretching. The first four stretches can be done in bed before you get up. After arising and you've moved around a bit, do the next four stretches.



15–20 seconds
each leg
(page 63)



3–5 seconds
3 times
(page 29)



5 seconds
2 times
(page 30)



10–15 seconds
(page 20)



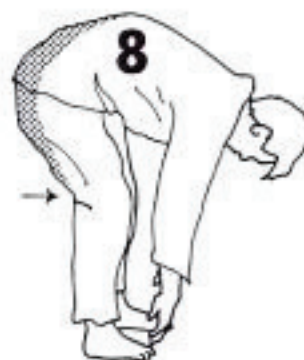
10–15 seconds
each leg
(page 75)



20 seconds
each leg
(page 71)



15–30 seconds
(page 55)



10 seconds
(page 54)

Copyrighted Material

Before Bed

Approximately 3 Minutes

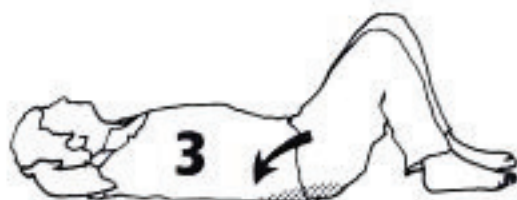
This is a great time to stretch every day. These stretches will relax your body and help you to sleep more soundly. Take your time, and *feel* the body parts being stretched. Stretch lightly, breathe deeply, and be relaxed.



3–5 seconds
3 times
(page 28)



3–5 seconds
3 times
(page 27)

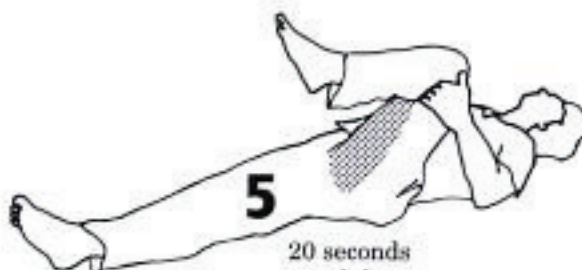


10 seconds
(page 29)



Repeat #1 and #3 simultaneously.

10 seconds
(page 29)



20 seconds
each leg
(page 63)



30 seconds
(page 26)



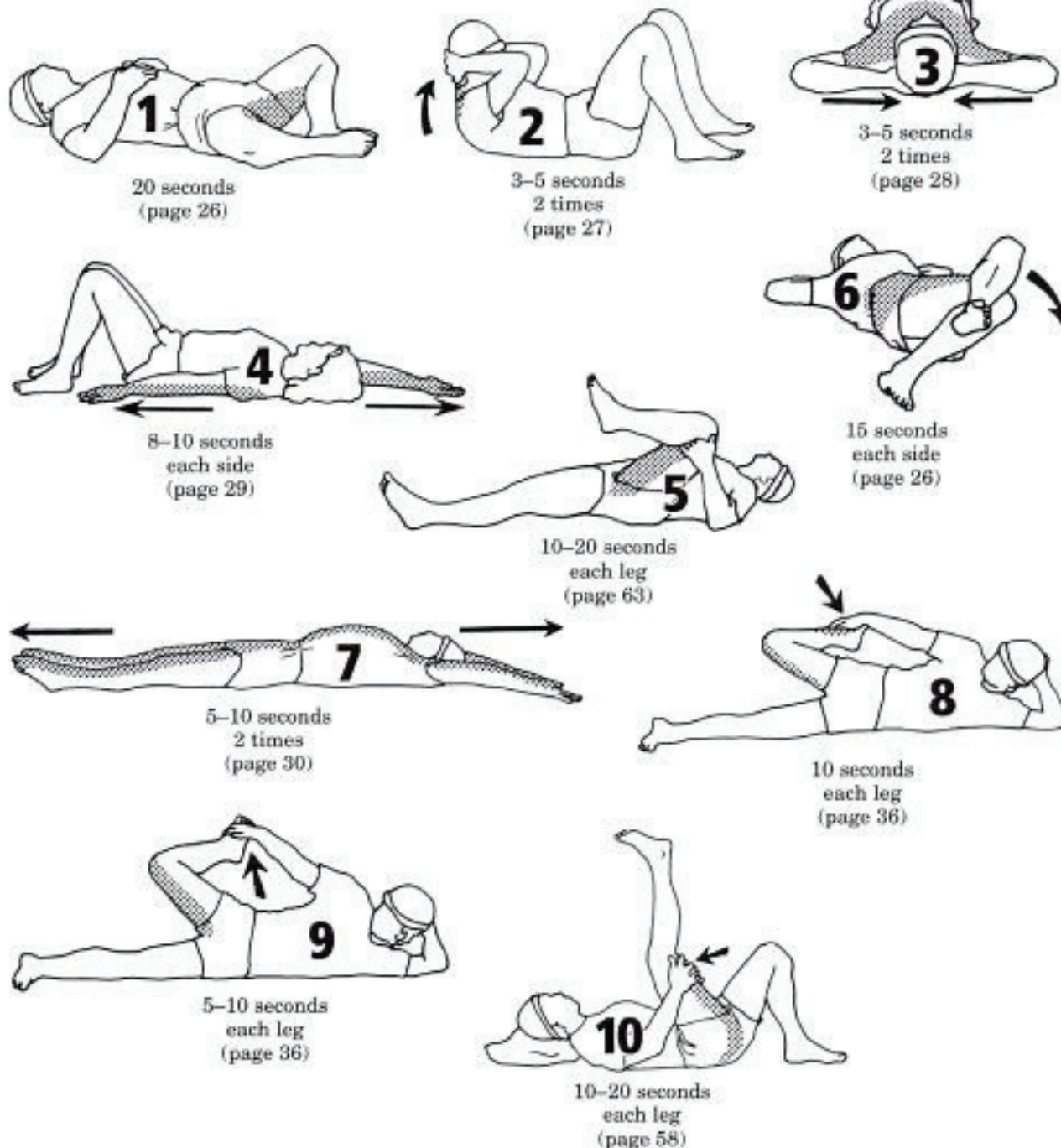
5–6 seconds
3 times
(page 30)

Everyday Stretches

Approximately 8 Minutes

Start with several minutes of walking. Then use these everyday stretches to fine-tune your muscles. This is a general routine that emphasizes stretching and relaxing the muscles most frequently used during normal day-to-day activities.

In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular *rigor mortis* sets in. If you can set aside 10 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.



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20–30 seconds
(page 58)



8–10 seconds
each side
(page 60)



10 seconds
Repeat stretch #11.
(page 58)



15–20 seconds
each leg
(page 51)



20 seconds
each leg
(page 71)



4–5 seconds
2 times
(page 46)



10–12 seconds
2 times
(page 90)



8–10 seconds
each side
(page 44)



20–30 seconds
(page 47)

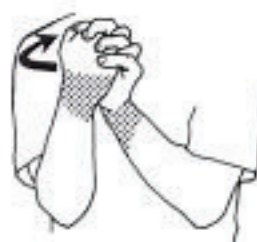


10 seconds
2 times
(page 46)

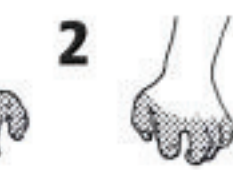
Stretches for the Hands, Arms & Shoulders

Approximately 4 Minutes

This series of stretches works for repetitive stress problems in the hands and arms. Breathe naturally, stay comfortable, and be relaxed as you stretch.



Rotate 8–10 times
each direction
(page 88)



5–6 seconds
2 times
(page 88)



10 seconds
2 times
(page 88)



10 seconds
each position
(page 88)



3–5 seconds
3 times
(page 46)



5–6 seconds
2 times
(page 28)



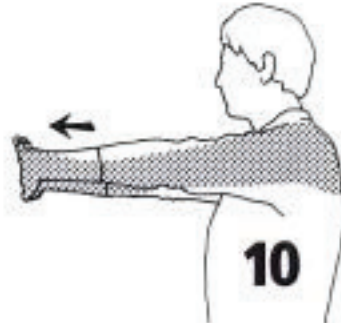
5–10 seconds
each side
(page 92)



15 seconds
each arm
(page 43)



15 seconds
each arm
(page 47)



20 seconds
(page 45)



10–15 seconds
(page 47)



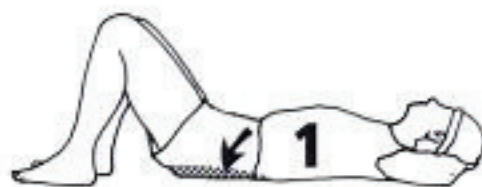
15 seconds
(page 46)

Copyrighted Material

Stretches for the Neck, Shoulders & Arms

Approximately 5 Minutes

Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



5-6 seconds
(page 29)



3-5 seconds
2 times
(page 27)



5-6 seconds
2 times
(page 28)



8-10 seconds
each side
(page 29)



10 seconds
2 times
(page 46)



5 seconds
2 times
(page 46)



8-10 seconds
each side
(page 44)



8-10 seconds
each side
2 times
(page 47)



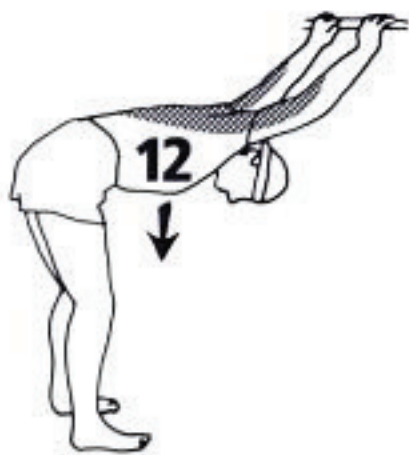
15 seconds
each arm
2 times
(page 44)



15-20 seconds
each arm
(page 43)



15-20 seconds
(page 47)



15-20 seconds
(page 81)

Stretches for the Legs, Groin & Hips

Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2–3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.



15–20 seconds
each leg
(page 71)



15–20 seconds
each leg
(page 75)



Hold for
20–30 seconds
(page 55)



10–15 seconds
(page 54)



10–15 seconds
each leg
(page 53)



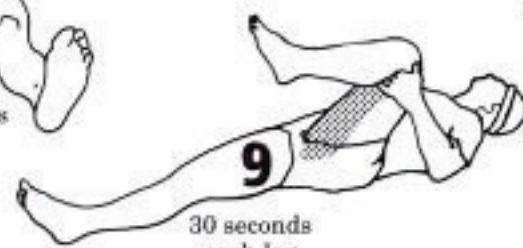
20–30 seconds
(page 58)



15–30 seconds
each leg
(page 61)



10–15 seconds
each leg
(page 35)



30 seconds
each leg
(page 63)



10–20 seconds
each leg
(page 58)



30 seconds
(page 26)



15–20 seconds
each leg
(page 36)

Copyrighted Material

Stretches for Lower Back Tension

Approximately 6 Minutes

These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders, and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. *Do not overstretch.*



30 seconds
(page 26)



10–12 seconds
2 times
(page 46)



15–20 seconds
each leg
(page 51)



5–15 seconds
2 times
(page 33)



20–30 seconds
each leg
(page 63)



Contract 3–5 seconds,
then relax
2 times
(page 27)



Contract 5–8 seconds,
then relax
2 times
(page 29)



Rock gently back and forth
15–20 times
(page 26)



15–30 seconds
each leg
(page 27)



10–15 seconds
each leg
(page 32)



10–15 seconds
2 times
(page 63)



5 seconds
2 times
(page 30)

Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10-20 seconds
2 times
(page 90)



10-15 seconds
(page 46)



8-10 seconds
each side
(page 44)



15-20 seconds
(page 46)



3-5 seconds
3 times
(page 46)



10-12 seconds
each arm
(page 47)



10 seconds
(page 89)



10 seconds
(page 89)



8-10 seconds
each side
(page 83)



8-10 seconds
each side
(page 60)



10-15 seconds
2 times
(page 46)



Shake out hands
8-10 seconds
(page 89)

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Blue-Collar Stretches

Approximately 6 Minutes

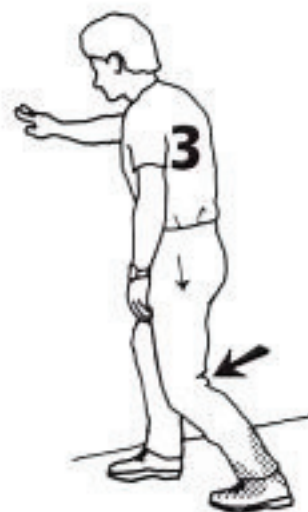
Before you do any physical work — especially lifting — do some stretches. Stretching gives your muscles a signal they are about to be used, and a few minutes of stretching before starting work will make you feel better and help avoid injuries.



10–20 times
each foot
(page 71)



10–20 seconds
each leg
(page 71)



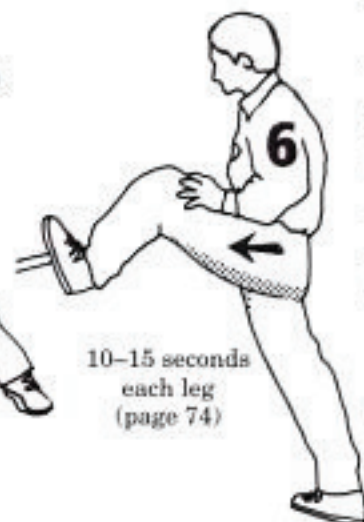
5–10 seconds
each leg
(page 71)



10 seconds
each leg
(page 75)



10–15 seconds
each leg
(page 73)



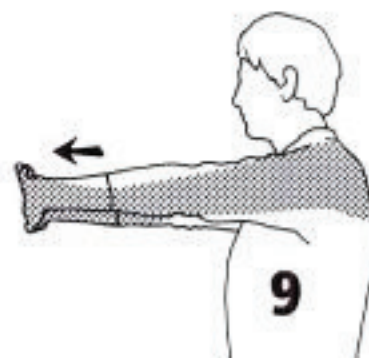
10–15 seconds
each leg
(page 74)



3–5 seconds
2 times
(page 46)



3–5 seconds
each side
(page 46)



20 seconds
(page 45)

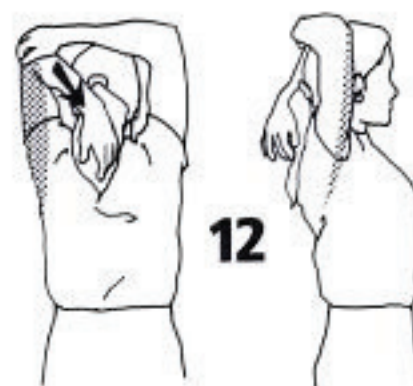
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3–5 seconds
(page 46)



10 seconds
(page 46)



10 seconds
each arm
(page 44)



8–10 seconds
each side
(page 44)



8–10 seconds
each side
(page 81)



8–10 seconds
2 times
(page 46)



20 seconds
(page 45)



8–10 seconds
2 times
(page 88)



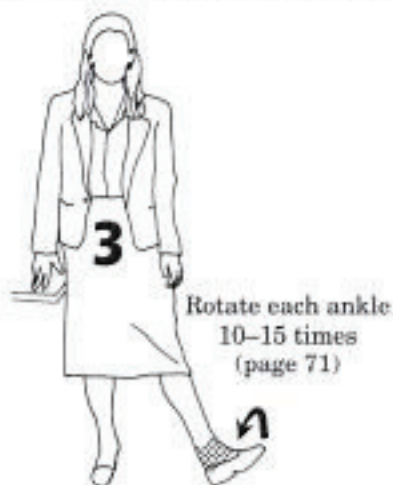
5–8 seconds
2 times
(page 88)

After Sitting

Approximately 4 Minutes

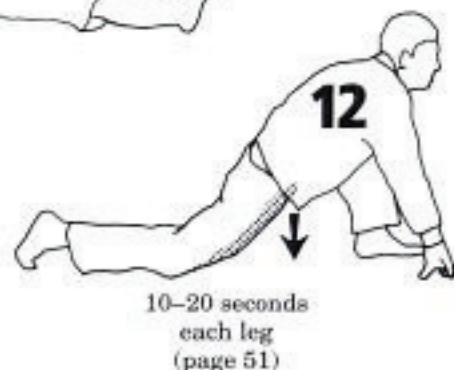
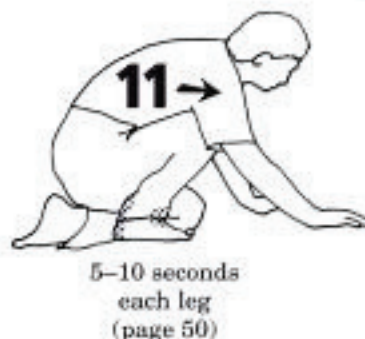
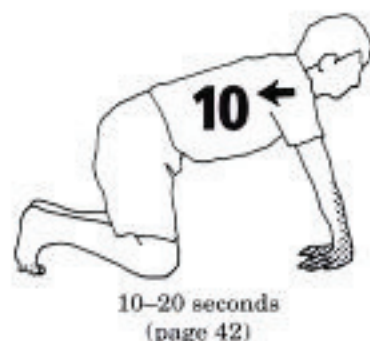
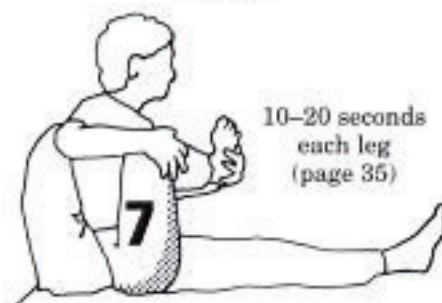
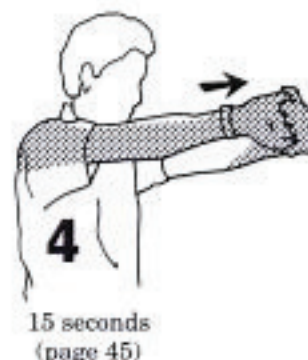
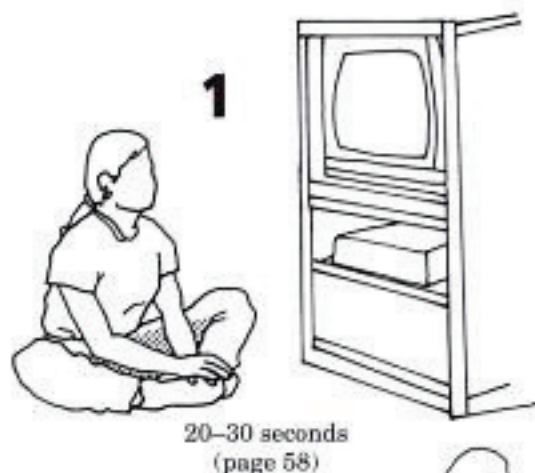
This is a series of stretches to do after sitting for a long time. The sitting position causes the blood to pool in the lower legs and feet, the hamstring muscles to tighten up, and the back and neck muscles to become stiff and tight. These stretches will improve your circulation and loosen up those areas that are tense from a prolonged period of sitting.

1
Walk a bit
for 2–3 minutes



While Watching TV

Many people think they don't have enough time to stretch, yet watch several hours of television a night. Well, you can stretch as you watch TV. This will not interfere with your viewing and you will be accomplishing something during otherwise sedentary times.



Before and After Walking

Approximately 5 Minutes

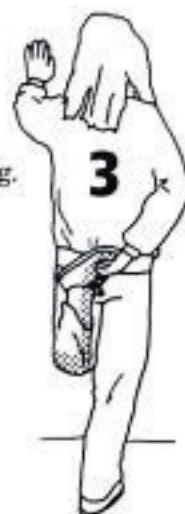
These stretches will make the movements of walking feel free and easy. Warm up by walking several minutes before stretching.



20–30 seconds
each leg
(page 71)



5–10 seconds
each leg
(page 71)



10–15 seconds
each leg
(page 75)



20–30 seconds
(page 55)



10–15 seconds
(page 54)



10 seconds
each leg
(page 53)



10–15 seconds
(page 58)



15–20 seconds
each side
(page 61)



10–15 seconds
each leg
(page 39)



10–20 seconds
(page 47)



8–10 seconds
each side
(page 44)



5 seconds
2 times
(page 46)

Traveler's Stretches

Approximately 2 Minutes

Stretch at various times throughout your journey to help your body feel less stiff and tight.



3-5 seconds
each side
(page 92)



3-5 seconds
3 times
(page 46)



3-5 seconds
(page 91)



5 seconds
each side
(page 44)



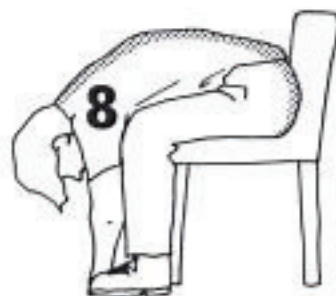
15 seconds
(page 90)



8-10 seconds
(page 90)



8-10 seconds
each side
(page 60)



5 seconds
(page 92)



10 seconds
(page 66)



10 seconds
each leg
(page 71)



8 seconds
each leg
(page 74)



10 seconds
each leg
(page 73)

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STRETCHING ROUTINES

Sports and Activities

In this section are stretching routines for sports and activities, arranged in alphabetical order.

Each time you do a stretch for the first time, read the *specific* instructions for that stretch. (See the page reference under each stretch.) After you follow the instructions a few times, you'll know how to do each stretch correctly. From then on, simply look at the drawings.

Warming up: For the more vigorous sports (running, football, etc.), I recommend that you do a short warm-up before stretching (jogging for 3–5 minutes with an exaggerated arm swing, for example). See p. 14, Warming Up and Cooling Down.

To teachers and coaches: These routines can serve as guidelines. You can add or subtract stretches to meet specific needs and time allotments.

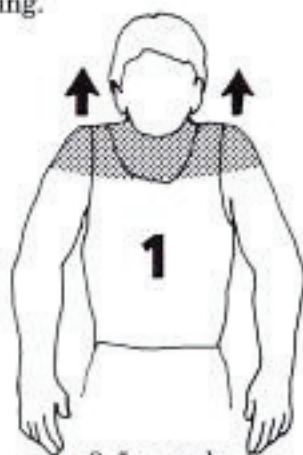
Note: Be sure to read How To Stretch on pp. 12–13 before you do these routines.

Aerobic Exercise	130	Motocross	162
Badminton	132	Mountain Biking	164
Baseball/Softball	134	Racquetball, Handball, and Squash	166
Basketball	136	Rock Climbing	168
Bowling	138	Rodeo	170
Cycling	140	Running	172
Equestrian Sports	142	Skiing (Cross-Country)	174
Figure Skating	144	Skiing (Downhill)	176
Football	146	Snowboarding	178
Golf	148	Soccer	180
Gymnastics	150	Surfing	182
Hiking	152	Swimming	184
Ice Hockey	154	Table Tennis	186
Inline Skating	156	Tennis	188
Kayaking	158	Triathlon	190
Martial Arts	160	Volleyball	192
		Weight Training	194
		Windsurfing	196
		Wrestling	198

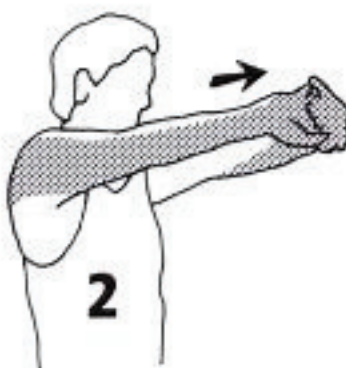
Before and After **Aerobic Exercise**

Approximately 6 Minutes

Do a mild warm-up of 2-3 minutes before stretching.



3-5 seconds
2 times
(page 46)



15 seconds
(page 45)



10 seconds
(page 46)



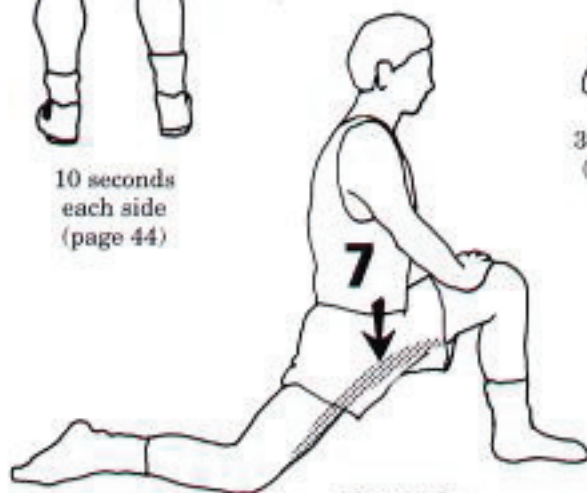
10 seconds
each side
(page 44)



30 seconds
(page 55)



10 seconds
each leg
(page 75)

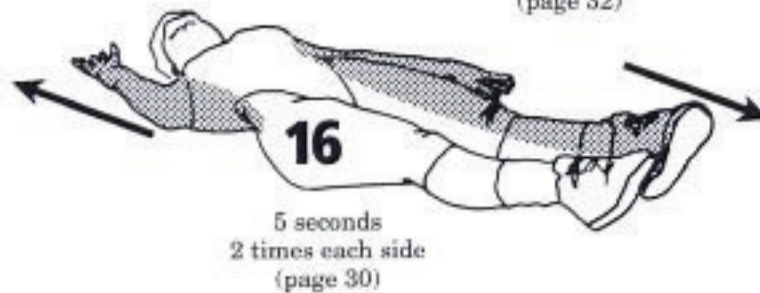
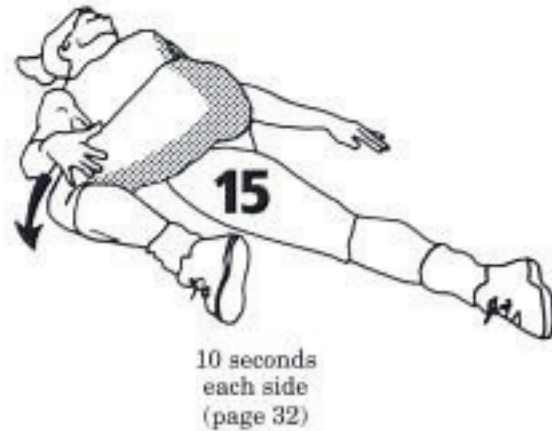
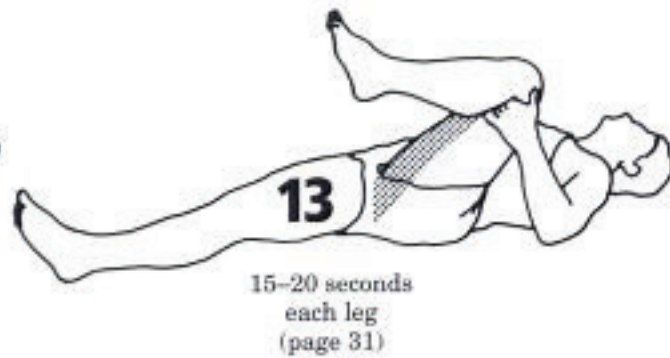
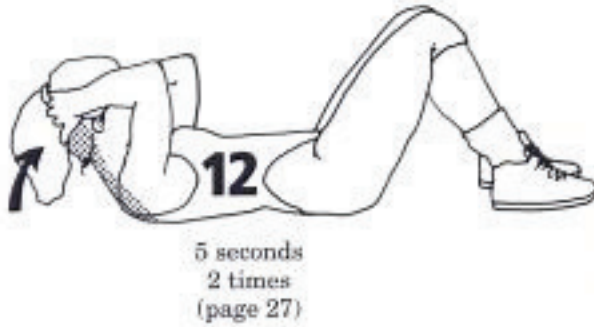
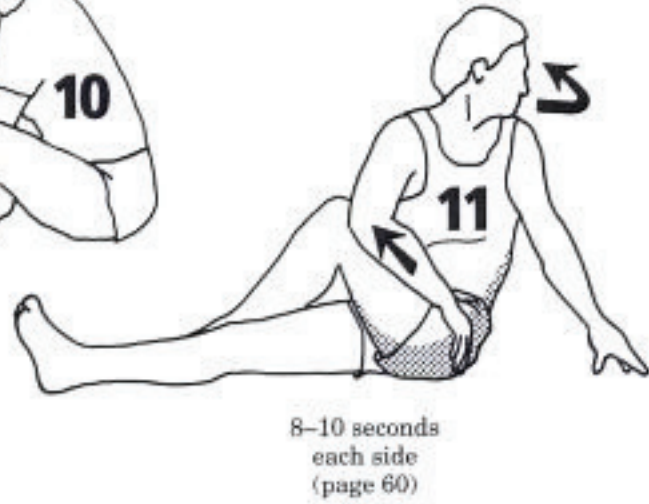
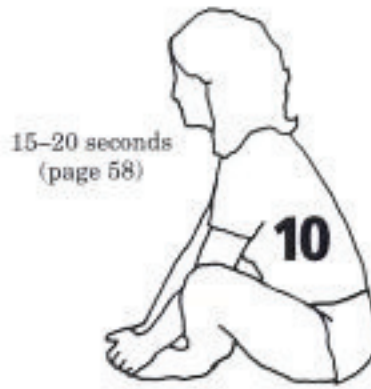


10 seconds
each leg
(page 53)



15 seconds
each arm
(page 42)

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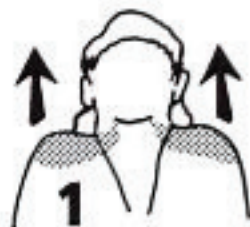


Short on time?
Do this mini-routine:
3, 4, 5, 7, 9, 10, 13, 16
Approx. 3 minutes

Before and After Gymnastics

Approximately 8 Minutes

Warm up for 4–5 minutes by walking or jogging before stretching.



5 seconds
3 times
(page 46)



15 seconds
(page 46)



10–12 seconds
each side
(page 44)



10–15 seconds
2 times
(page 42)



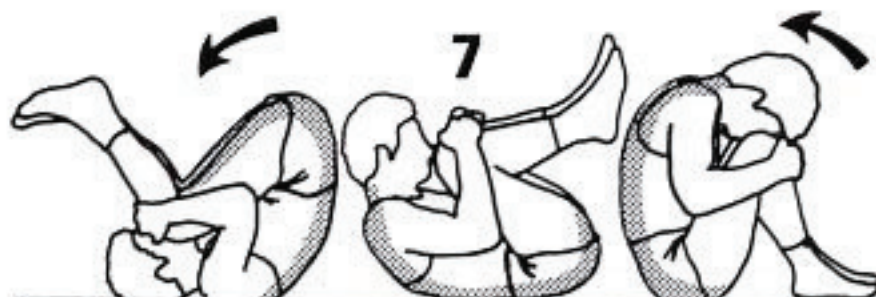
3–5 seconds
2 times
(page 27)



10–20 seconds
each side
(page 27)

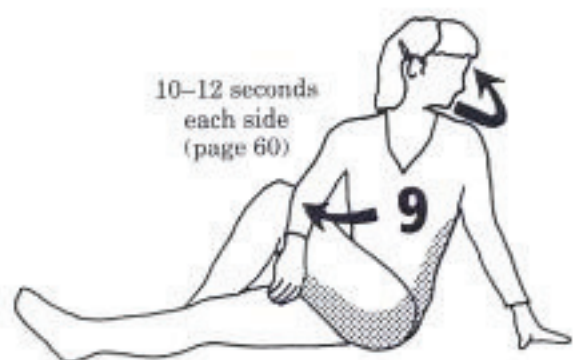


30 seconds
(page 65)



Gently roll
6–12 times
(page 63)

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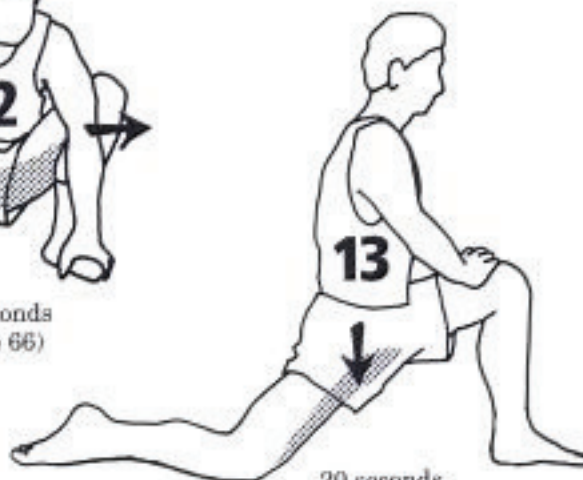
30–40 seconds
each leg
(page 39)



30–40 seconds
(page 97)



20 seconds
(page 66)



20 seconds
each leg
(page 53)



15 seconds
2 times
(page 102)



20–30 seconds
(page 65)



15–30 seconds
(page 99)

Mini-routine:
2, 4, 7, 8, 9, 11, 13, 16
Approx. 4 minutes

Before and After Martial Arts

Approximately 7 Minutes

Note: These stretches are not intended to replace your traditional routine, but can be used for improvement of overall flexibility. They should be preceded by a good warm-up.



8–10 seconds
each side
(page 44)



10 seconds
each side
(page 80)



15–20 seconds
(page 46)



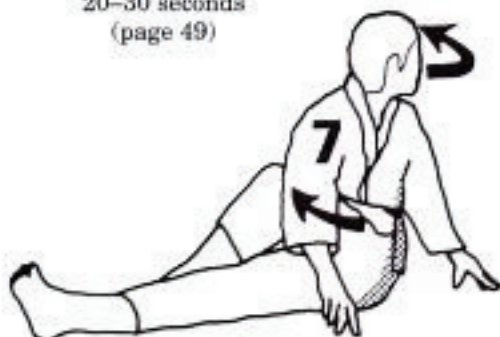
20–30 seconds
(page 49)



3–5 seconds
each side
(page 46)



30 seconds
(page 58)



10 seconds
each side
(page 60)

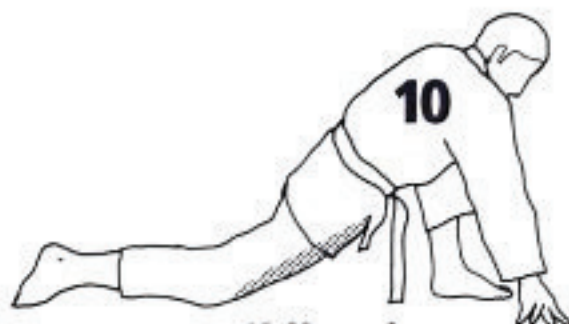


Roll back and forth
10–12 times
(page 63)

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30 seconds
(page 65)



15–20 seconds
each side
(page 51)



10–15 seconds
each leg
(page 102)



10–15 seconds
(page 103)



20–30 seconds
(page 102)



15 seconds
each leg
(page 98)



3–5 seconds
2 times
(page 27)



10–15 seconds
each side
(page 32)

Mini-routine:
1, 2, 4, 8, 9, 10, 13, 16
Approx. 4 minutes

**After
Running**
Approximately 3 Minutes



10 seconds
each leg
(page 71)



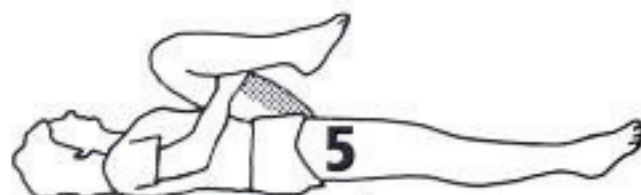
10–15 seconds
(page 58)



15 seconds
each leg
(page 61)



10 seconds
each leg
(page 36)



15 seconds
each leg
(page 31)



3–5 seconds
2 times
(page 27)



10–15 seconds
each leg
(page 58)



5 seconds
2 times
(page 30)

Short on time?
Do this mini-routine:
1, 5, 6, 8
Approx. 1½ minutes

Before and After Swimming

Approximately 5 Minutes

Walk with a big arm swing for 2–3 minutes before stretching.



5 seconds
3 times
(page 46)



10–15 seconds
(page 46)



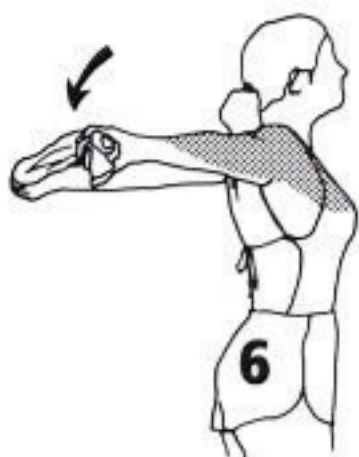
10 seconds
each side
(page 44)



15 seconds
each arm
(page 43)



15 seconds
(page 47)



10 seconds
(page 87)



10 seconds
each leg
(page 35)



15 seconds
(page 58)

Copyrighted Material



8–10 seconds
each side
(page 60)



3–5 seconds
2 times
(page 27)



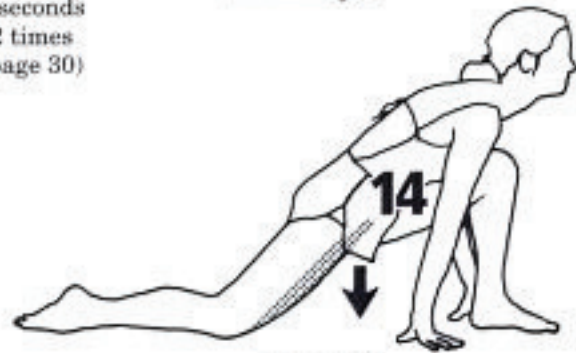
10 seconds
each side
(page 32)



15 seconds
(page 49)



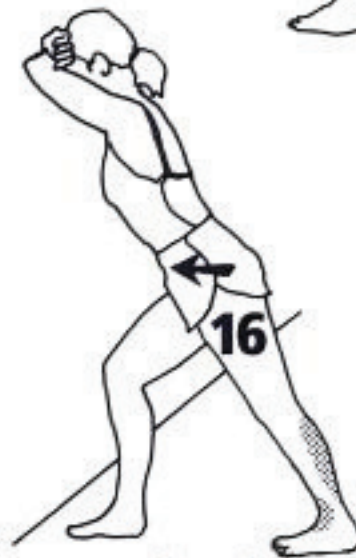
5 seconds
2 times
(page 30)



15 seconds
each leg
(page 51)



15 seconds
(page 65)



15 seconds
each leg
(page 71)

Short on time?
Do this mini-routine:
2, 4, 5, 13, 14, 15
Approx. 2 minutes

Before and After Weight Training

Approximately 7 Minutes

Warm up by using a stationary bike or treadmill, etc., for 3–5 minutes before stretching.



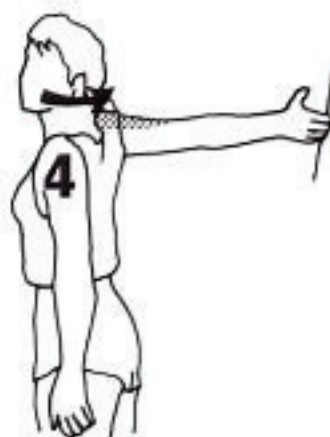
5 seconds
2 times
(page 46)



10 seconds
each arm
(page 43)



8–10 seconds
each side
(page 44)



10 seconds
each arm
(page 82)



15 seconds
(page 46)



10 seconds
(page 46)



10 seconds
each side
(page 81)



15 seconds
each leg
(page 71)



10–15 seconds
each leg
(page 75)

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10

10–15 seconds
(page 66)



Stretch between sets
to promote “active
rest” and to keep your
circulation moving.



10–15 seconds
(page 58)



15–20 seconds
each leg
(page 51)



3–5 seconds
2 times
(page 27)



10 seconds
each side
(page 32)



15 seconds
each leg
(page 31)



10–15 seconds
each leg
(page 58)



10 seconds
each arm
(page 42)



15 seconds
(page 42)

Short on time?
Do this mini-routine:
1, 3, 5, 6, 7, 8, 9, 11
Approx. 3 minutes