

HOW TO USE THIS GUIDE:

- The stretches shown here are static stretches. They are meant to be completed in a controlled manner where you only experience mild to moderate tension in the muscle(s) being targeted.
- Complete the stretches shown as a circuit. Meaning, flow from one stretch to the next with minimal rest between stretches.
- Beginners should hold each stretch for 30 to 60 seconds. Holding a stretch longer than 30 seconds will increase flexibility more effectively than performing multiple short stretching efforts.
- Experienced exercisers can hold the stretches upwards of 90 seconds and or complete the circuit 2 or 3 times in one session.
- Perform your static stretches after a workout or at a separate time than your main workout.
- Complete this stretching circuit 2 to 4 times per week. Continue to breath naturally throughout the entire hold of each stretch.



1

CALF STRETCH



2

CHEST STRETCH



3

SHOULDER STRETCH



4

LAT STRETCH



5

COBRA



6

CHILD'S POSE



7

HAMSTRING STRETCH



8

LUNGE W. TWIST



9

THIGH STRETCH