

STRETCHING FOR CURLING

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Side of Neck Stretch
with Arms Held



Front of Neck
Stretch



Back of
Shoulder Stretch



Tricep
Stretch



Shoulder/Rotator
Cuff Stretch



Shoulder Reach
Stretch



Middle Chest
Stretch



Front of
Shoulder Stretch



Bottom of Wrist
Stretch



Top of Wrist
Stretch



Wrist Extension
Stretch



Wrist Flexion
Stretch

Most Common Injuries: Hip Flexor and shoulder strain; pelvic joint blockage.



Closed Hand Stretch



Open Hand Stretch



Thigh Stretch



Outer Calf Stretch



Hip Flexor Stretch



Hip Flexor/Psoas Stretch



Inner Thigh Stretch



**Lower Back/
Buttock Stretch**



Back Extension Stretch



Back Flexion Stretch

“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”

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