

STRETCHING FOR FITNESS, HEALTH & PERFORMANCE

## THE DAILY STRETCHING ROUTINE

*The “Super Six Rules” to Stretching Successfully:*

- 1 • Warm up
- 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



Back of Neck Stretch



Front of Neck Stretch



Chest Stretch



Shoulder Rotator Cuff



Spinal Twist



Side of Spine



Thigh Stretch



Hipflexor/Psoas



Calf Stretch



Hamstring/Back



Full Body

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