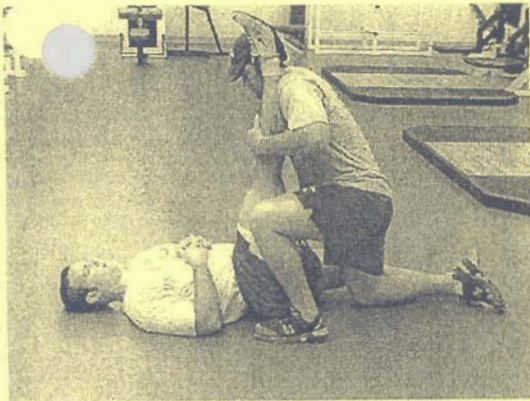


Flexibility

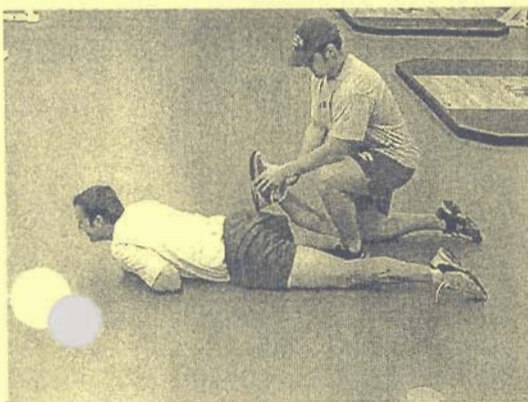
Flexibility Exercises



Partner Hamstring Stretch



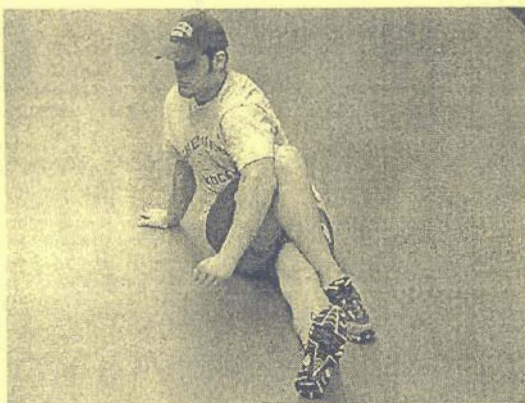
Partner Figure Four Stretch



Partner Quad Stretch



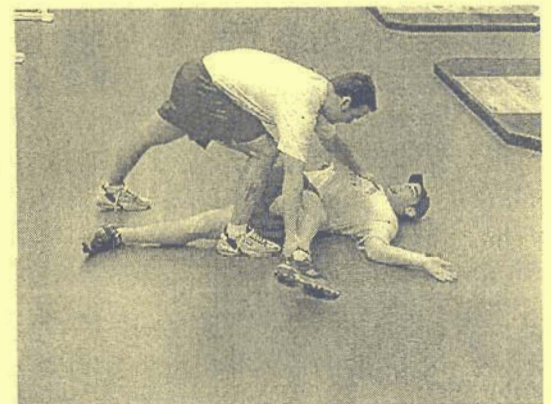
Partner Groin Stretch

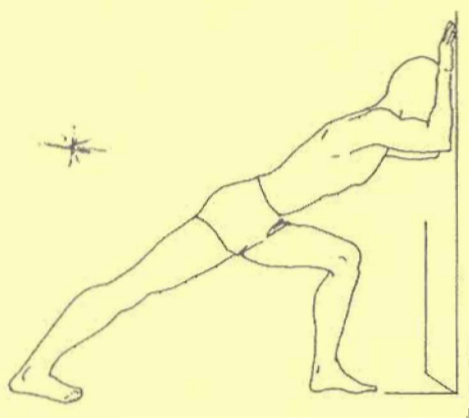


⇨ Torso Stretch

Partner Low Back
Cross Over ⇨

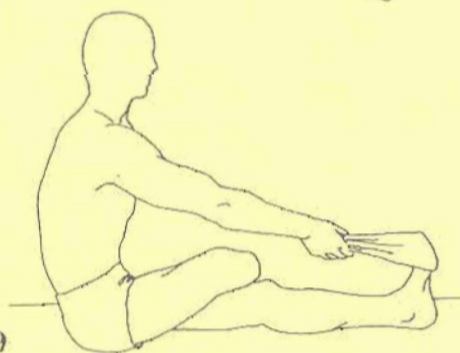
Partner Low Back
⇩



**Exercise #7**

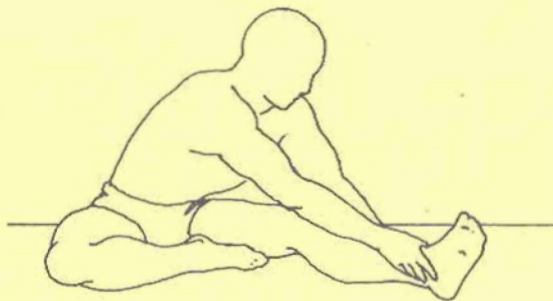
(The Gastrocnemius and Achilles Tendon)

1. Stand upright slightly more than arm's length from a wall.
2. Bend one leg forward and keep the opposite leg straight.
3. Lean against the wall without losing the straight line of your head, neck, spine, pelvis, rear leg, and ankle.
4. Keep the heel of your rear foot down, sole flat on the floor, and foot pointing straight forward.
5. Exhale, bend your arms, lean toward the wall, and shift your weight forward.
6. Exhale, and flex your forward knee toward the wall.
7. Hold the stretch and relax.
8. You should feel the stretch in the calf and Achilles tendon. *Note.* To stretch the soleus, flex the rear leg at the knee.

**Exercise #9**

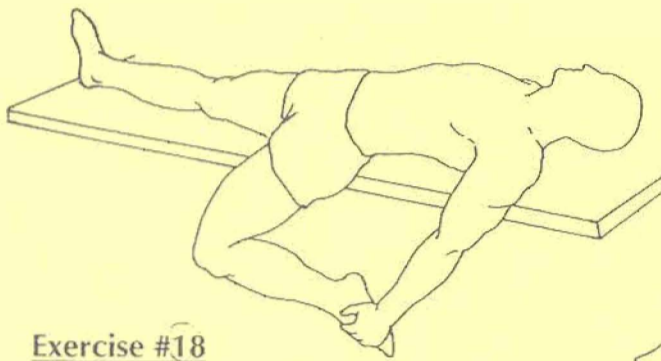
(Back of the Knee)

1. Sit upright on the floor with the legs straight.
2. Keep one leg straight and bend the opposite leg in until its heel touches the groin of the extended.
3. Exhale, lean forward, and grasp your foot.
4. Exhale, keep your leg straight, and pull your foot back toward your trunk.
5. Hold the stretch and relax. *Note.* If you cannot reach your foot, use a folded towel. To intensify the stretch, cross the bent leg and rest the heel on the opposite knee, and then apply the stretch.

**Exercise #10**

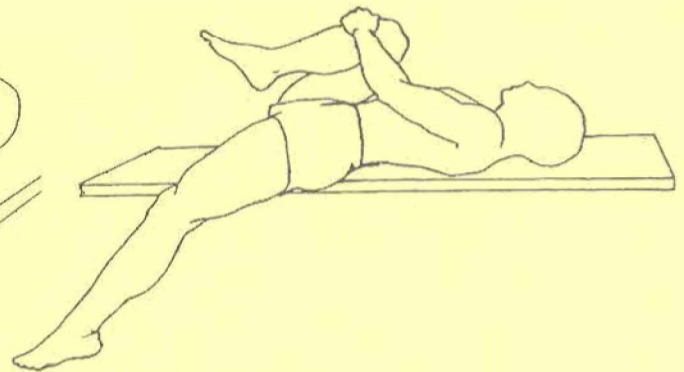
(Hamstrings)

1. Sit upright on the floor with both legs straight and about 90° apart.
2. Flex one knee and slide the heel until it touches the inner side of the opposite thigh.
3. Lower the outer side of the thigh and calf of the bent leg onto the floor.
4. Exhale, and while keeping the extended leg straight, bend at the hip and lower your extended upper torso from the hips onto the extended thigh.
5. Hold the stretch and relax.
6. You should feel the stretch in the hamstrings.

**Exercise #18**

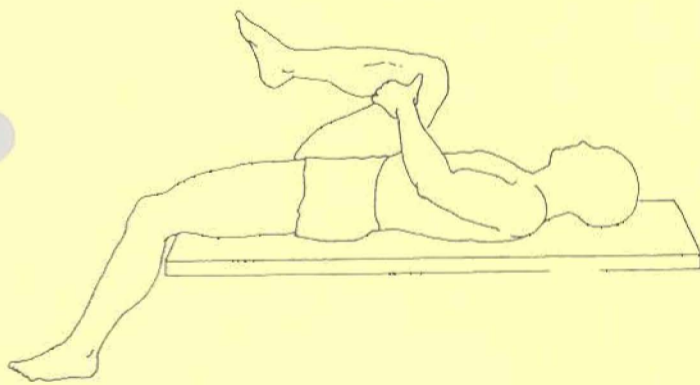
(Quadriceps)

1. Lie on your back at the edge of a table with one side near the edge.
2. Exhale, slowly lower the outside leg off the table at the hip, and grasp the ankle or foot with the outside hand.
3. Inhale, and slowly pull your heel toward your buttocks.
4. Hold the stretch and relax.
5. You should feel the stretch in the middle to upper thigh. *Note.* This exercise can be an intense stretch. To protect your lower back lift up your head and contract the abdominal muscles.

**Exercise #20**

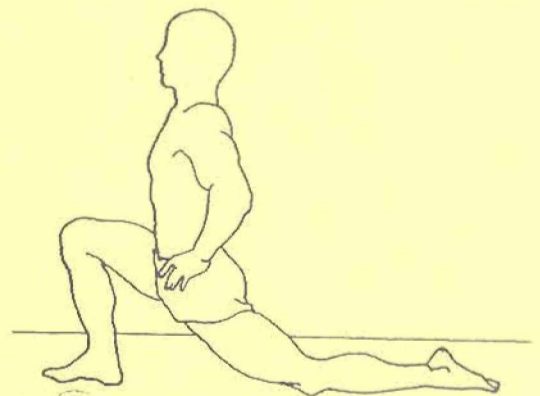
(Hip Flexors)

1. Lie on a table near the side, flat on your back.
2. Allow the outside leg to hang over the side of the table at the hip.
3. Inhale, flex the opposite knee, grasp it with your hands, and bring it to your chest.
4. Inhale and compress your thigh to your chest.
5. Hold the stretch and relax.
6. You should feel the stretch in the upper thigh.

**Exercise #19**

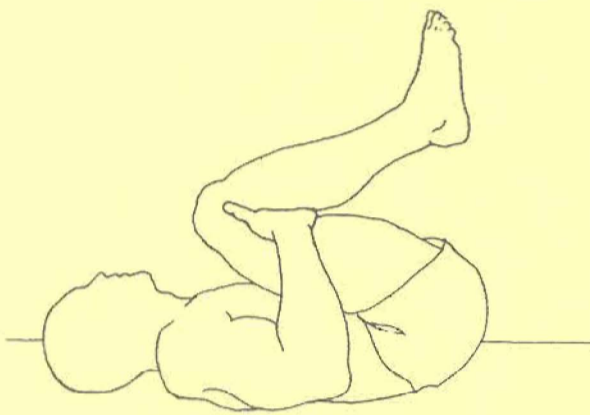
(Hip Flexors)

1. Lie on a table, flat on your back, with both legs hanging over the edge at the knees.
2. Inhale, flex one hip, and raise the knee toward your chest.
3. Interlock your hands behind the raised knee.
4. Inhale and bring your knee to your chest as you keep the opposite leg hanging over the edge.
5. Hold the stretch and relax.
6. You should feel the stretch in the upper thigh.

**Exercise #21**

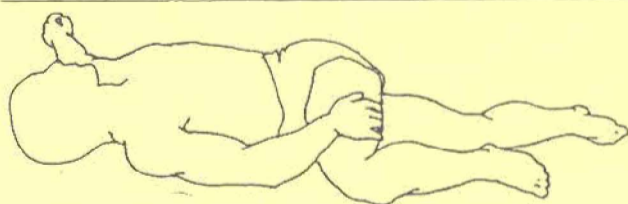
(Hip Flexors)

1. Stand upright with the legs straddled (spread sideways) about 60 cm (2 ft) apart.
2. Flex one knee, lower your body, and place the opposite knee on the floor.
3. Roll the back foot under so that the top of the instep rests on the floor.
4. Place your hands on your hips (some people may prefer placing one hand on the forward knee and one hand on the buttocks) and keep the front knee bent at a 90° angle as much as possible.
5. Exhale, and slowly push the front of the hip of the back leg toward the floor.
6. Hold the stretch and relax.
7. You should feel the stretch in the upper thigh.

**Exercise #34**

(Lower Back)

1. Lie flat on your back with your body extended.
2. Flex your knees and slide your feet toward your buttocks.
3. Grasp behind your thighs to prevent hyperflexion of the knees.
4. Exhale, pull your knees toward your chest and shoulders, and elevate your hips off the floor.
5. Hold the stretch and relax.
6. You should feel the stretch in your lower back.
7. Exhale and reextend your legs slowly one at a time to prevent possible pain or spasm.

**Exercise #23**

(Lateral Buttocks and Hip)

1. Lie flat on your back with your legs extended.
2. Flex one knee and raise it to your chest.
3. Grasp your knee or thigh with the opposite hand.
4. Exhale, and pull your knee sideways across your body to the floor, while keeping your elbows, head, and shoulders flat on the floor.
5. Hold the stretch and relax.
6. You should feel the stretch in the lateral buttocks and hip.

**Exercise #24**

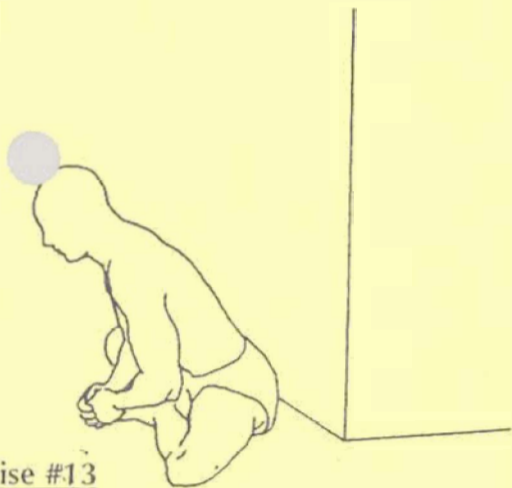
(Buttocks and Hip)

1. Lie flat on your back, knees flexed, and your hands interlocked underneath your head.
2. Lift your left leg over your right leg and hook your leg.
3. Exhale, and use your left leg to force the inside of your right leg to the floor, while keeping your elbows, head, and shoulders flat on the floor.
4. Hold the stretch and relax.
5. You should feel the stretch in the buttocks and hip.

**Exercise #25**

(Buttocks and Hip)

1. Lie flat on your back with your left leg crossed over your right knee.
2. Inhale, flex your right knee, lifting your right foot off the floor, and let it push your left foot toward your face, while keeping your head, shoulders, and flat on the floor.
3. Hold the stretch and relax.
4. You should feel the stretch in the buttocks and hip.



Exercise #13

(Adductors)

1. Sit upright on the floor with your buttocks against a wall, your legs flexed and straddled, and heels touching each other.

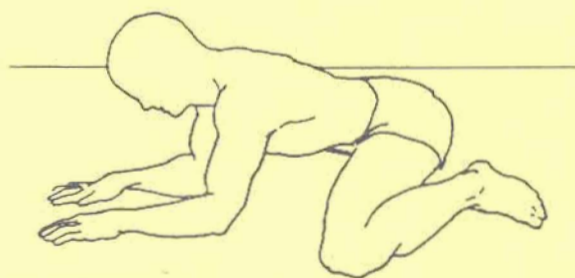
2. Grasp your feet or ankles and pull them as close to your groin as possible.

3. Exhale, lean forward from the hips without bending your back, and attempt to lower your chest to the floor.

4. Hold the stretch and relax.

5. You should feel the stretch in the groin (adductors).

6. Note: A common error is rounding the back.



Exercise #15

(Adductors)

1. Kneel on all fours with your toes pointing out to the sides.

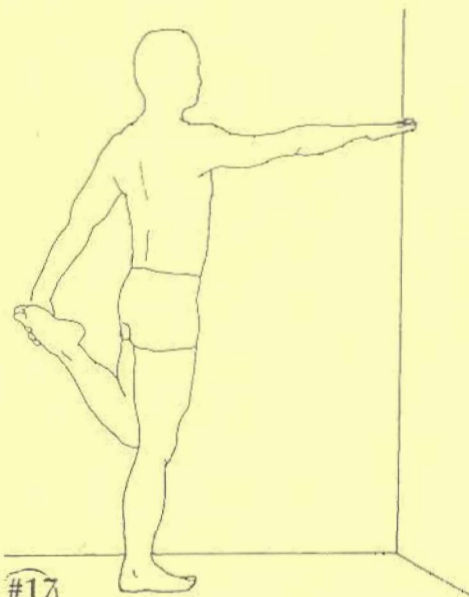
2. Bend your arms and rest your elbows on the floor.

3. Exhale, slowly straddle (spread) your knees, and attempt to lower your chest to the floor.

4. Hold the stretch and relax.

5. You should feel the stretch in the groin (adductors).

6. Caution: This stretch is one of the most intense exercises for the adductors—it's extremely deceptive.



Exercise #17

(Quadriceps)

1. Stand upright with one hand against a surface for balance and support.

2. Flex one knee and raise your heel to your buttocks.

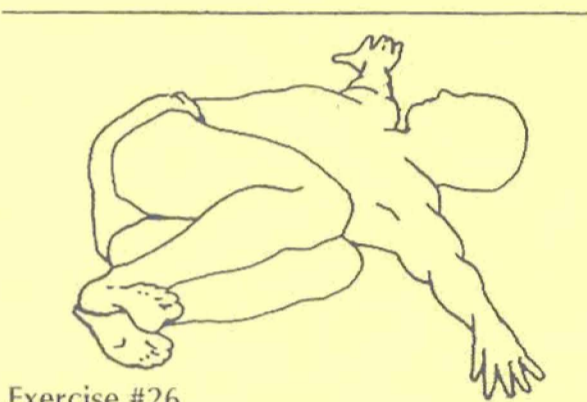
3. Slightly flex the supporting leg.

4. Exhale, reach behind, and grasp your raised foot with one hand.

5. Inhale, and pull your heel toward your buttocks without overcompressing the knee.

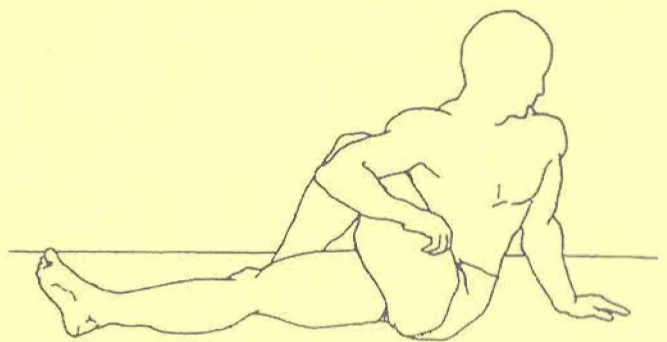
6. Hold the stretch and relax.

7. You should feel the stretch in the quadriceps.

**Exercise #26**

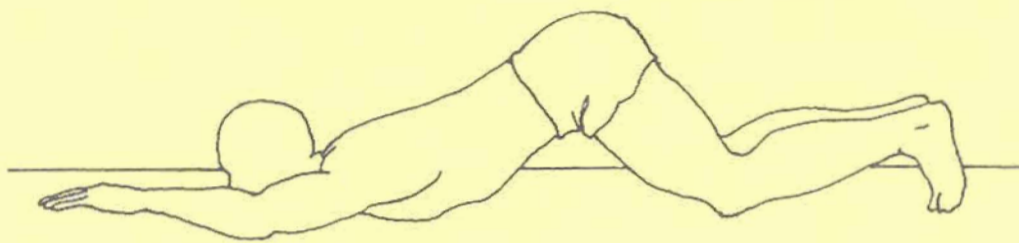
(Buttocks, Hips, and Trunk)

1. Lie flat on your back, with your knees flexed and arms out to the sides.
2. Exhale, and slowly lower both legs to the floor on the same side, while keeping your elbows, head, and shoulders flat on the floor.
3. Hold the stretch and relax.
4. You should feel the stretch in your buttocks, hip, and lower trunk.

**Exercise #28**

(Buttocks and Hip)

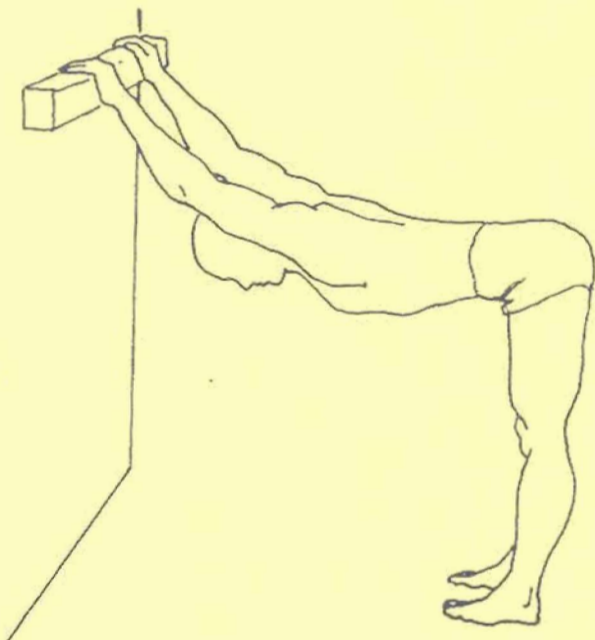
1. Sit upright on the floor, with the hands behind your hips for support and your legs extended.
2. Flex your left leg, cross your left foot over your right leg, and slide your heel toward your buttocks.
3. Reach over your left leg with your right arm, and place your right elbow on the outside of your left knee.
4. Exhale, and look over your left shoulder while turning your trunk and pushing back on your knee with your right elbow.
5. Hold the stretch and relax.
6. You should feel the stretch in the buttocks and hip.



Exercise #38

(Upper Back)

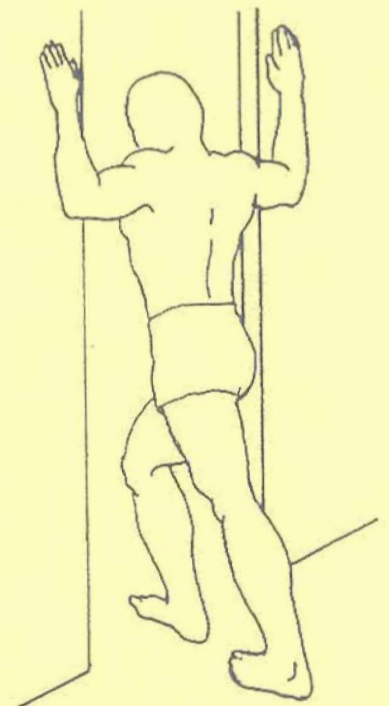
1. Kneel on all fours.
2. Extend your arms forward and lower your chest toward the floor.
3. Exhale, extend your shoulders, and press down on the floor with your arms to produce an arch in your back.
4. Hold the stretch and relax.
5. You should feel the stretch in your upper back.



Exercise #39

(Upper Back)

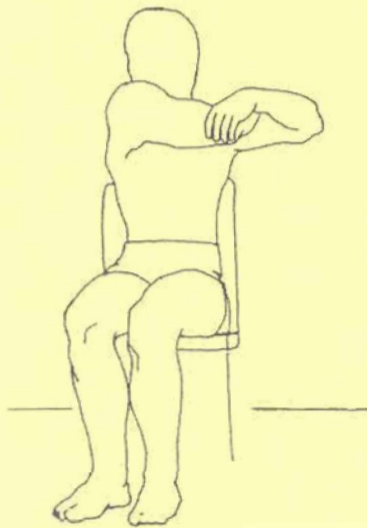
1. Stand upright, feet together, about 1 m (3 ft) from a supporting surface that is approximately waist to shoulder height, and your arms overhead.
2. Exhale, keep your arms and legs straight, flex at the waist, flatten your back, and grasp the supporting surface with both hands.
3. Exhale and press down on the supporting surface to produce an arch in your back.
4. Hold the stretch and relax.
5. You should feel the stretch in your upper back.



Exercise #46

(Pectorals)

1. Stand upright facing a corner or open doorway.
2. Raise your elbows to shoulder height at your sides, bend your elbows so that your forearms point straight up, and place your palms against the walls or door-frame to stretch the sternal section of the pectoralis muscles on both sides.
3. Exhale and lean your entire body forward.
4. Hold the stretch and relax.
5. You should feel the stretch in your upper chest (pectorals).



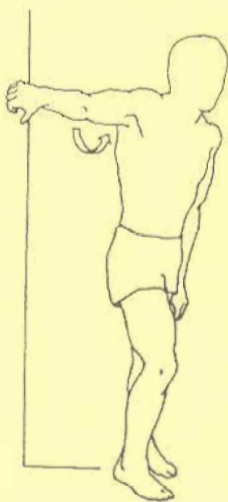
Exercise #49
(Lateral Shoulder)

1. Sit or stand upright with one arm raised to shoulder height.
2. Flex your arm across to the opposite shoulder.
3. Grasp your raised elbow with the opposite hand.
4. Exhale and pull your elbow toward your back.
5. Hold the stretch and relax.
6. You should feel the stretch in the lateral shoulder.



Exercise #51
(Shoulder Abductors)

1. Sit or stand upright with one arm flexed behind your back.
2. Grasp the elbow (or wrist if unable to reach elbow) from behind with the opposite hand.
3. Exhale and pull your elbow across the midline of your back.
4. Hold the stretch and relax.
5. You should feel the stretch in the posterior part of the shoulder.



Exercise #54
(Biceps Brachii)

1. Stand upright with your back to a doorframe.
2. Rest one hand against the doorframe with your arm internally rotated at the shoulder, forearm extended, and your hand pronated with your thumb pointing down.
3. Exhale and attempt to roll your biceps so they face upward.
4. Hold the stretch and relax.
5. You should feel this stretch in the biceps brachii.



Exercise #56
(Triceps Brachii)

1. Sit or stand upright with one arm flexed, raised overhead with elbow next to your ear, and your hand resting on your opposite shoulder blade.
2. Grasp your elbow with the opposite hand.
3. Exhale and pull your elbow behind your head.
4. Hold the stretch and relax.
5. You should feel the stretch in the triceps brachii.