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Pull your abs in, then
slowly bend forward
from your hips towards
the foot of your
straight leg until you
feel a slight stretch.
Hold for 30 to 45
seconds, then repeat
on the other side.

Note: To increase the
difficulty of this
stretch, do this one
with both legs straight.
Muscles stretched:
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Dynamic stretching consists of movements with a progressive range of motion each time. If you're warming up for a football match, you might do 10 leg-swings at waist height followed by 10 at...

The beginner's guide to mobility & stretching

Keywords: post-exercise, static stretching, stretch tolerance, muscle soreness, range of movement, flexibility, parasympathetic nervous system, sports science Introduction
The practice of stretching after

exercise (e.g. training and competition) is extremely common, and something that has been performed for many decades, if not centuries and more.

Post-Exercise Stretching | Science for Sport

Stretch only after warming up, or after exercise, when muscles are warm. Repeat each stretch 2 to 3 times, working both sides of the body equally. Hold each stretch for 10 to 30 seconds. Do not stretch to the point of pain. Breathe freely while stretching. Do not bounce. 1. Neck side flexion.

Stretching: an illustrated guide - myDr.com.au

Free Stretching Guide for athletes and

coaches for warming up, increasing flexibility and reducing injury risk. Use specific stretches to help with your training and competing. Stretching Exercises from Running Coaches for all Runners

How Do I Stretch That Muscle? -

Momentum Sports

active static stretching (holding position by contraction of agonist muscle(s)) passive static stretching (holding position with no involvement of agonist muscles, may use partner or stretching aid) dynamic stretching (stretch with slow movement; progressively increase the range of motion through repeated movements)

Flexibility Exercises

and Performance : ACSM's Health ...

Stretching is a fundamental part of any workout programme and is essential for well-rounded fitness. On this course you'll build on the knowledge you gained from your personal trainer course and other fitness qualification (s) and explore advanced stretching techniques. This includes equipment stretches, a wider range of stretching types and more specific progressions.

Advanced Stretching Course for Fitness Instructors ...

Stretching can increase flexibility and improve your joints' range of motion, helping you move more freely. And ensuring that you have

equal flexibility on both sides might help protect you from injury. Before stretching, warm up with five to 10 minutes of light activity. Better yet, stretch after a workout. Keep stretches gentle and slow. Don't bounce.

Slide show: A guide to basic stretches -

Mayo Clinic

Stretching is an important tool in managing the muscle imbalances that occur as a result of the young athletes growing body. By maintaining this muscle balance stretching plays an important part of injury prevention. Stretching also aids in: flexibility which is critical for sport