

# STRETCHING

## MAT



**ABDOMINAL & HIP FLEXORS**



**LOW BACK**



**QUADRECEPS**



**FULL BODY**



**GLUTES & ABDUCTORS**



**NECK**



**HAMSTRINGS & LOW BACK**



**CALVES, HAMSTRINGS & LOW BACK**



**HAMSTRINGS & LOW BACK**



**GROIN & ADDUCTOS**



**GROIN**



**GROIN, HAMSTRINGS**

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain

# Complete Stretching

**EW Minium**



## **Complete Stretching:**

**The Complete Guide to Stretching** Christopher M. Norris, 2015-11-05 A reasonable level of flexibility is essential to the healthy functioning of joints and muscles which in turn facilitates performance and reduces the risk of injury Now in its 4th edition The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body The Complete Guide to Stretching is the definitive practical handbook for Sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance Sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness Sport and exercise therapists who use stretching as an important part of a balanced rehabilitation programme Full colour photographs demonstrate the stretches throughout *The Complete Doctor's Healthy Back Bible* Stephen Charles Reed, Penny Kendall-Reed, Michael Ford, Charles Gregory, 2004 A practical manual for treating back pain This book summarizes current information on low back pain and provides full coverage of both traditional and complementary therapies with supporting research

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