

InstantStretch v3.0

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Warning

The stretching exercises presented in this routine are intended as an educational resource and are not intended as a substitute for proper medical advice. Please consult your physician, physical therapist or the person who gave you this routine before performing any of the stretching exercises described in this routine, particularly if you are pregnant, elderly or have any chronic or recurring muscle or joint pain. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

This is a personalized InstantStretch routine for John Smith.

Age:	22	Fitness Level:	15
Gender:	Male	Max # of Stretches:	Sports Specific
Height:	6 ft	Program Type:	Not Applicable
Weight:	150 lbs	Routine for:	

Additional notes and comments for John Smith

Stretching Time - Morning 7 AM to 8 AM.

Instructions for John Smith

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next page move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

Stretch #1, Above Head Chest Stretch, is for the muscles of the Chest

Stand upright and interlock your fingers. Bend your arms and place them above your head while forcing your elbows and hands backwards.



Stretch #2, Partner Assisted Chest Stretch, is for the muscles of the Chest

Extend both of your arms parallel to the ground. Have a partner hold on to your hands and slowly pull your arms backwards. Remember to keep your arms parallel to the ground.



Stretch #3, Palms-out Forearm Stretch, is for the muscles of the Forearms & Wrists

Interlock your fingers in front of your chest and then straighten your arms and turn the palms of your hands outwards.



Stretch #4, Finger Stretch, is for the muscles of the Forearms & Wrists

Place the tips of your fingers together and push your palms towards each other.



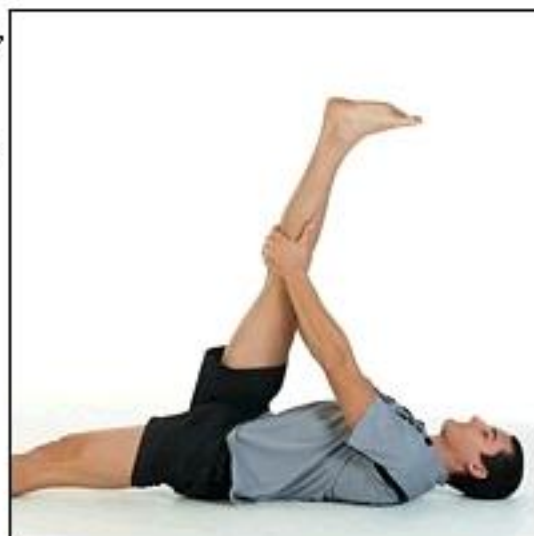
Stretch #5, Sitting Reach-forward Hamstring Stretch, is for the muscles of the Hamstrings

Sit with both legs straight out in front and keep your toes pointing straight up. Make sure your back is straight and then reach forward towards your toes.



Stretch #6, Lying Straight Knee Hamstring Stretch, is for the muscles of the Hamstrings

Lie on your back and bend one leg. Raise your straight leg and pull it towards your chest.



Stretch #7, Sitting Cross-legged Reach Forward Stretch, is for the muscles of the Hips

Sit cross legged and keep your back straight. Then gently lean forward.



Stretch #8, Kneeling Quad Stretch, is for the muscles of the Hips

Kneel on one foot and the other knee. If needed, hold on to something to keep your balance. Push your hips forward.



Stretch #9, Lying Double Knee-to-chest Stretch, is for the muscles of the Lower Back

Lie on your back and use your hands to bring both knees into your chest.



Stretch #10, Standing Reach-up Quad Stretch, is for the muscles of the Quadriceps

Stand upright and take one small step forward. Reach up with both hands, push your hips forward, lean back and then lean away from your back leg.



Stretch #11, Foot Behind Shin Stretch, is for the muscles of the Shins

Stand upright and place the top of your toes on the ground behind you. Push your ankle to the ground.



Stretch #12, Reverse Shoulder Stretch, is for the muscles of the Shoulders

Stand upright and clasp your hands together behind your back. Slowly lift your hands upward.



Stretch #13, Reaching Lateral Side Stretch, is for the muscles of the Sides

Stand with your feet shoulder width apart, then slowly bend to the left or right and reach over the top of your head with your hand. Do not bend forward.



Stretch #14, On Elbows Stomach Stretch, is for the muscles of the Stomach

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up onto your elbows.

