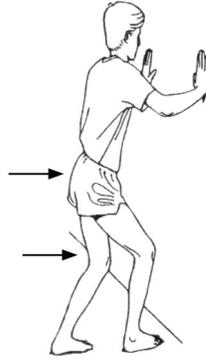




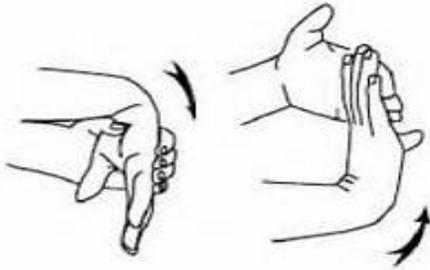
Triceps stretch: with one hand gently pull the opposite elbow back toward your ear.



Calf stretch: Separate feet approximately 30" or until a stretch is felt when pressing the rear heel into the ground. Lean forward and bend the front knee to



Achilles stretch: Bring the back foot in toward the wall and shift weight to rear foot. Bend back knee keeping the heel on the floor.



Wrist stretch: Gently press palm up and down. Keep elbow slightly bent. To increase the stretch gently straighten the elbow or make a fist once the wrist is fully flexed.

Cervical Spine: Levator scapulae

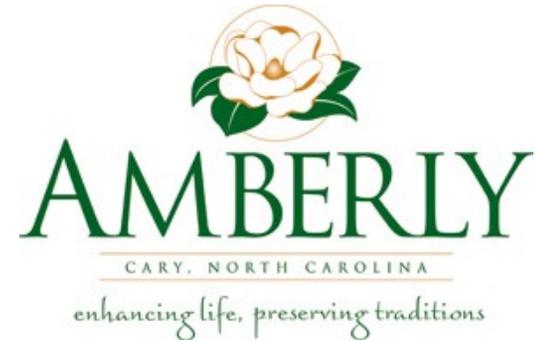


Place hand on same side shoulder blade. With other hand gently stretch head down toward collar bone.

Cervical Spine: Upper trapezoid



Gently grasp side of head while reaching behind back with opposite hand. Tilt head away until a gentle stretch is felt.



# Flexibility Training Guide

Gentle stretching on a daily basis has proven to be beneficial, making daily activities easier. This brochure is not meant to replace your physician's recommendations and advice.

Use dynamic (moving) stretches during your warm up, moving slowly in and out of each position 6-8 times.

Use static (holding) stretches after your exercise, holding the position 20-30 seconds each while continuing to breath.

For more information contact [Jenn@Amberlymaster.com](mailto:Jenn@Amberlymaster.com)



Back stretch: gently bring one knee at a time to your chest. Bringing your forehead to the knees will increase the stretch.



Back/Leg stretch: Bring knee to chest and gently stretch opposite leg out long. Option to bring forehead to bent knee to increase back stretch.



Hamstring stretch: Start with both knees bent, extend one leg into air. Use a yoga strap if available. Slowly extend the horizontal leg to increase the stretch.



Glute and Back stretch: Begin with one knee bent to chest, other leg is straight. Slowly take the bent knee over the chest to the floor. Look the opposite direction, away from the bent knee.



Inner Thigh stretch: Begin with right knee bent and left leg in air. Gently drop left leg to the left side to feel the inner thigh stretch. To increase the stretch gently extend the right leg on the floor. Repeat other side.



Quadriceps stretch: Lay on stomach or side, Reach back with right hand to grab right ankle. Use a yoga strap around foot if unable to reach.



Glute/IT Band stretch: Cross one ankle over the opposite knee and pull legs toward chest. Option is to sit in a chair for this stretch. Lean forward or bring head to knees to increase stretch.



Lower back stretch: Also know as a modified Cobra. Press hips toward floor and raise up on elbow. Straightening arms raises the chest higher, increasing the stretch. Do not over extend!



Lower back stretch: On hands and knees arch back and look up, then round back and bring chin to chest. Do 8-10 reps.



Lower back and hip stretch: Cross one foot over the opposite leg. Twist toward the bent knee wrapping the opposite arm around the bent knee and pulling it toward your body.



Chest stretch: place one forearm against a wall or stand in a door way. Gently move chest in front of elbow until you feel a stretch. Move elbows higher by 1-2" and repeat.



Rear Deltoid stretch: Gently pull one arm across your chest using the other hand. Take care to only hold the forearm or upper arm, not the elbow or wrist.