



# 9

## STATIC STRETCHES

*to increase your flexibility*

Static stretching can be performed by individuals as needed depending upon specific muscle tightness or soreness.



**HOLD EACH STRETCH FOR 10 TO 15 SECONDS.** This hold triggers the nerve within the muscle allowing the muscle to relax allowing a beneficial stretch.

### 1

#### HIP FLEXOR

*Hip/Knee Stretching*

Kneeling on right knee, slowly push pelvis forward while keeping your back straight until stretch is felt on front of hip. Repeat on opposite side.



### 2

#### QUADRICEPS (STANDING)

*Hip/Knee Stretching*

Slightly contract abs and glutes. Pull right heel toward buttock until stretch is felt in front side of thigh. Make sure to keep your back straight through the duration of the stretch. Hold 15 seconds. Repeat on opposite side.



### 3

#### SINGLE ARM (STANDING)

*Back Trunk Side Bend*

Reach over head to other side with right arm until stretch is felt. Hold 15 seconds. Repeat on opposite side.



### 4

#### INNER THIGH/GROIN

*Hip/Knee Stretching*

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 15 seconds. Repeat on opposite side.



### 5

#### HAMSTRING

*Hip/Knee Stretching*

Slowly straighten knee until stretch is felt in back of thigh. Make sure that you keep your back straight for the duration of the stretch. Hold 15 seconds. Repeat on opposite side.



### 6

#### ROTATION STRETCH

*Back Mid Back*

Reach to each side as far as possible, keeping chest low to floor. Hold 15 seconds.



### 7

#### HIP STRETCHING

*Piriformis Stretch*

Stand with right leg crossed in front, slide other leg back, lowering hips until stretch is felt. Repeat on opposite side.



### 8

#### GASTROC STRETCH

*Ankle/Foot Stretching*

Stand with right foot back and the left foot forward. Place the left foot on an object so that it supports your toes going towards your nose while keeping the heel on the ground. Keeping your knee straight lean forward towards your toe until you feel a stretch. Hold for 15 seconds. Repeat on opposite side.



### 9

#### CHEST/BICEP STRETCH

*Shoulder and Chest Stretch*

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 15 seconds.



Premier Health

SOURCES: Premier Health Sports Medicine

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# Stretching For Health

**SJ Ball**



## **Stretching For Health:**

## **Stretching For Health** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Stretching For Health**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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### **Table of Contents Stretching For Health**

1. Understanding the eBook Stretching For Health
  - The Rise of Digital Reading Stretching For Health
  - Advantages of eBooks Over Traditional Books
2. Identifying Stretching For Health
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Stretching For Health
  - User-Friendly Interface
4. Exploring eBook Recommendations from Stretching For Health
  - Personalized Recommendations
  - Stretching For Health User Reviews and Ratings
  - Stretching For Health and Bestseller Lists

5. Accessing Stretching For Health Free and Paid eBooks
  - Stretching For Health Public Domain eBooks
  - Stretching For Health eBook Subscription Services
  - Stretching For Health Budget-Friendly Options
6. Navigating Stretching For Health eBook Formats
  - ePub, PDF, MOBI, and More
  - Stretching For Health Compatibility with Devices
  - Stretching For Health Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Stretching For Health
  - Highlighting and Note-Taking Stretching For Health
  - Interactive Elements Stretching For Health
8. Staying Engaged with Stretching For Health
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Stretching For Health
9. Balancing eBooks and Physical Books Stretching For Health
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Stretching For Health
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Stretching For Health
  - Setting Reading Goals Stretching For Health
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Stretching For Health
  - Fact-Checking eBook Content of Stretching For Health
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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