

Neck



Shoulder



Shoulder



Shoulder



Back



Stretching Basics

14 SAFE EXERCISES FOR THE MAJOR MUSCLE GROUPS

- Stretch daily, before and after activity.
- Warm up before stretching.
- Stretch to the edge of discomfort, but not beyond.
- Breathe normally as you stretch.
- Move into each stretch slowly, hold it for 30 seconds, and slowly return to starting position.
- Perform all one-sided stretches from both sides.

Hip



Back



Hip



Back



Hip



Knee



Knee



Calf



Calf



Stretching Basics Poster

IM Harris

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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your mathematics students at the beginning of class with this whole class warm up activity This product features a step by step lesson assessment information and a snapshot of what the warm up looks like in the classroom One Hundred and

One Fun Warm-up and Cool-down Games John Byl, 2004 101 Fun Warm Up and Cool Down Games provides the antidote to the age old warm up and cool down routines of jogging and stretching These games engage students and athletes in fun warm ups that will prepare them mentally and physically for their activity and cool downs that will help them recover BOOK

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complement the Teaching Flexibility and Flexibility for Sport and Fitness videos accentuating the importance of stretching and serving as a thorough reference at a glance for fitness enthusiasts or athletes Each poster includes easy to read instructions for every stretch or range of motion test pictured Laminated and printed on durable matte paper they are so striking and informative that you will want to have them framed Testing Your Flexibility depicts 13 simple tests for testing range of motion for all major joints and muscle groups Stretching Basics illustrates the HK Stretch Routine 14 stretches proven to increase and maintain optimal flexibility for each major muscle group And Stretching for a Healthy Back presents 14 safe effective stretches for eliminating pain and building strength in this crucial area of the body Use the posters alone or in conjunction with Teaching Flexibility and Flexibility for Sport and Fitness to help athletes and clients increase whole body flexibility for improved performance and reduced risk of injury Special package price When you order the whole series you get three posters for the price of two Individual poster size 24 x 36 Type Full color poster Matte finish **How to Create**

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