






# General Stretching Booklet







This booklet comprises several static stretches for the full body. Static stretches are great for increasing general flexibility and mobility. You can spend 15 minutes static stretching in the morning, before you go to bed, or incorporate it in your cool down after exercise.

## General Stretching Exercises

Area	Name of Exercise	Description	Instructional Image
Upper Body	Back Stretch (child pose)	Keep your core engaged and relax back onto your legs. Try to let your hips sink towards the ground and lengthen your spine. Feel the stretch in your upper back and shoulders. Hold stretch for 30-60 seconds.	
Upper Body	Wrap Around Back Stretch	Sit in a chair, on the ground, or stand and cross your arms in front of your body, grabbing your opposite shoulders. Pull your arms apart without letting go of your shoulders to feel a stretch in your upper back. To get a deeper stretch you can lower your chin. Hold this stretch for 30-60 seconds, breathing deeply.	
Upper Body	Chest Stretch	Keep your arms at 90 degrees, one foot in front of the other and slowly lean into a corner. You want to feel this stretch through your chest and front of your shoulders. Hold for 30-60 seconds.	
Upper Body	Lying Chest Stretch	<i>This can be an advanced stretch, so do not do if it causes pain.</i> Lay over top of a bosu or foam roller, keeping your core engaged and feet planted firmly on the ground. Raise your hands over head and then back behind you, trying to touch the ground. Hold for 30-60 seconds	
Upper Body	Seated Twist	Begin by sitting tall, extending both of your legs in front of you. Bend your right knee and cross it over the left thigh. Take your left elbow and place it on the outside of the right knee, then place right hand on the floor behind you, looking over your right shoulder. Make sure to keep your spine tall and your core strong. You want to feel a gentle stretch. Hold stretch for 30-60 second on each side.	







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Area	Name of Exercise	Description	Instructional Image
Upper Body	Shoulder/Chest Stretch	Clasp your hands behind you and slowly raise your hands up until you feel a stretch in your chest and shoulders. Make sure to keep your shoulders back and prevent them from rounding forwards to get a proper stretch. Hold this stretch for 30-60 seconds.	
Upper Body	Wrist Stretch	Put your hands together as if you were praying. Slowly move your hands down towards your belly button until you feel a stretch in your wrists. Hold this stretch for 30-60 seconds.	
Upper Body	Neck Stretch	Hold onto a chair with both hands and slowly tilt your head to one side until you feel a stretch through your neck and shoulder. Make sure not to let your shoulders round forward to get the best stretch. Hold for 30-60 seconds on both sides.	
Lower Body	Hip Flexor Stretch  Video instructions <a href="#">here</a> .	Make sure to keep your core engaged and feel the stretch in your hip flexor muscles, which run from the top of your quad to your stomach. Hold this stretch for 30-60 seconds on both legs.	
Lower Body	Quad Stretch	Keep your core engaged and do not let your pelvis tilt forwards. You should feel the stretch in the quad muscle, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	
Lower Body	Hamstring Stretch	Keep your leg that is on the chair straight but do not lock the joint. Make sure to keep your back straight and do not round your back forward. You should feel the stretch down the back of the leg that is on the chair. You should feel the stretch in your hamstring, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	



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Area	Name of Exercise	Description	Instructional Image
Lower Body	Extended Hamstring Stretch  Video instructions <a href="#">here</a> .	Keep your legs straight but do not lock the knee joints. Put a towel around your feet and pull your body down to your legs. Make sure to keep your back straight while you do this. You should feel a stretch in the back of your legs from your hips to the back of your knees.	
Lower Body	Groin and Hamstring Stretch	Spread your feet out as wide as you can, keeping your toes pointing forwards. Lean forward and put your hands against a wall, keeping your core strong and your back straight. Slowly work your way down the wall until you feel a gentle stretch in your hamstring and groin. Hold this stretch for 30-60 seconds.	
Lower Body	Glute Stretch	Keep your back flat against the ground and slowly push your left knee away from you until you feel a stretch. To feel a deeper stretch you can move closer to the wall. Hold stretch for 30-60 seconds on each leg.	
Lower Body	Cross Over Hip Stretch	Start laying flat on the ground. Raise your right leg up off the ground towards you, bending it in a 90 degree angle. Use your left hand to gently pull your right leg over to the left of your body, feeling the stretch through your right hip and glute muscle. Keep your right shoulder on the ground and only go through a range of motion that is comfortable, you do not need to bring your right knee to the ground. Hold this stretch for 30-60 seconds and then repeat with the left leg.	
Lower Body	Calf Stretch	Keep your toe against the wall with your foot in dorsiflexion. Lean forward and put pressure into your toe against the wall, keeping your back straight. Hold stretch for 30-60 seconds.	