



Stretching Guide

Delayed Onset Muscle Soreness (DOMS)

In the first three days after exercise, you may experience aches, pains and stiffness. This is normal. It usually occurs when you are new to exercise, change the type of exercise that you are doing, or increase the intensity of your workout. It is an indication that your body is adapting.

Warming up properly before exercise and stretching well after exercise will help to reduce DOMS. Light low impact cardio and massage can also help recovery.

Acute pain and/or swelling are NOT symptoms of DOMS. These symptoms should be reported to a medical professional immediately.



How to Stretch

After your workout, assess the key body parts that have been worked and stretch them. This will help to minimise DOMS, and return your muscles to their pre exercise state.

When you feel your muscles begin to relax in a stretching position, increase the stretch further. Hold stretches for 10-20 seconds each to maintain muscle flexibility.

For muscles with restricted mobility, you will want to improve flexibility, therefore the stretch should be held for 20-30 seconds, gently increasing the stretch as your body relaxes.

See the following sheets for stretches that you can incorporate into your cool down



Back



Standing Lat Stretch

Muscles Stretched: Lats, Teres Major

Stand with feet shoulder width apart, and place one arm in the air.

Lean away from the overhead arm and reach over your body until you feel the stretch.

Make sure that you do not lean forwards or backwards.

Upper Back Stretch

Muscles Stretched: Upper Traps, Lower Deltoids

Stand up straight, with your arms reaching directly out in front of you, fingers interlaced. Extend the arms out in front of you as far as possible and hold. To increase the stretch, push the elbows out whilst keeping your hands pushed away



Lat Wall Stretch

Muscles Stretched: Lats (back)

Stand facing the wall. Bend forwards and place your palms on the wall, at about waist height and approximately shoulder width apart. Lower your torso until you feel the stretch in your back



Neck & Upper Back



Trap Stretch (Side)

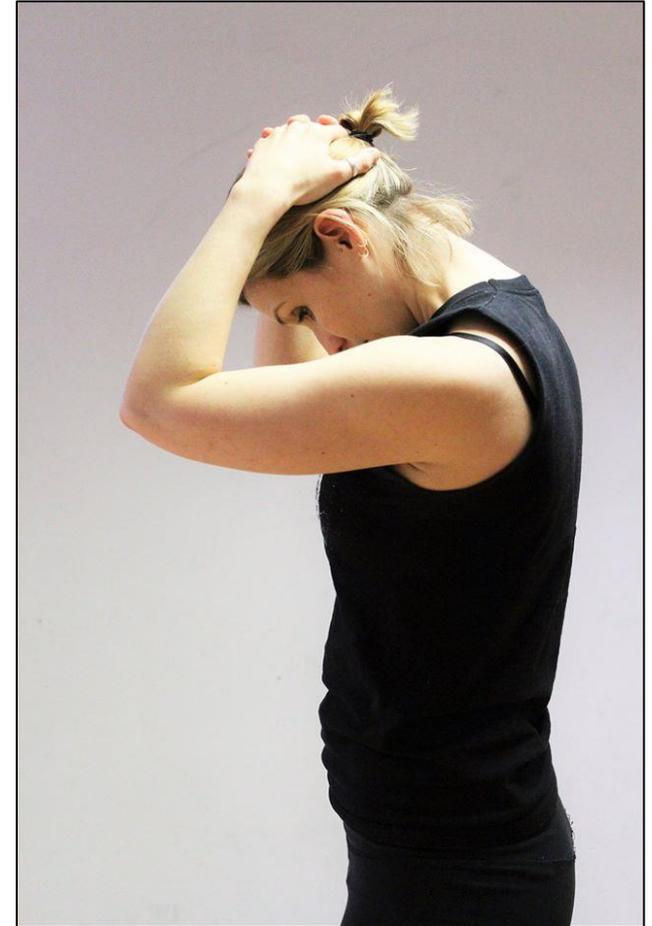
Muscles Stretched: Trapezius, Splenius Capitis

Stand up straight and drop one shoulder as low as you can. Tilt your head to the opposite shoulder. Reach your hand over your head and gently pull your head further towards your shoulder, keeping the opposite shoulder as low as possible.

Trap Stretch (Back)

Muscles Stretched: Trapezius, Splenius Capitis

Stand up straight and push both shoulders towards the floor. Reach both hands behind your head and gently pull your head towards your chest. Hold this stretch. Maintaining the same position, turn your head slowly to the side.



Chest & Shoulder



Shoulder Stretch

Muscles Stretched: Deltoids, Trapezius

Stand up straight and extend one arm across your chest. Use the opposite arm to press just above the elbow, pulling in towards the chest.

To increase the stretch, wrap the extended arm around your neck, and push the elbow upwards



Parallel Arm Chest Stretch

Muscles Stretched: Deltoid, Biceps, Pecs

Stand at the end of a wall or doorway, facing the wall. Place your palm on the surface of the wall, a little lower than shoulder height, bending the elbow slightly.

Turn your body away from the arm on the wall until you feel the stretch.

This exercise can also be completed with your arm at 90 degrees, as shown here.



Arm

Wrist Extension

Muscles Stretched: Extensors

Point your arm out in front of you with your palm facing downwards. Use your other hand to gently bend your wrist so that your hand points downwards and you feel a stretch in your forearm.

Wrist Flexion

Muscles Stretched: Flexors

Point your arm out in front of you with your palm facing upwards. Use your other hand to gently pull your fingers towards the floor and you feel a stretch in your forearm.



Upper Arm Stretch

Muscles Stretched: Triceps, Lats,

Place one hand behind your head, with the hand pointing downwards, and the elbow pointing upwards. Using the opposite hand, grab the elbow and pull it in towards your head.

Keep back straight and head up throughout.



Hips & Waist

Seated Twist

Muscles Stretched: Obliques/Upper Glutes

Sit on the floor with your legs straight out in front of you. Bend your right leg and place the right foot on the floor on the outside of the left knee. Place your right hand on the floor behind your body in a supporting position, and turn your body towards the bent right knee.

To increase the stretch, place your left elbow on the outside of the right knee and push gently



Prone Waist Stretch

Muscles Stretched: Abdominals

Lie face down on the floor. Place hands flat on the floor, just outside your shoulders.

Push your torso upwards, keeping your pelvis on the floor. Raise your head to look at the ceiling.



Hips

Lying Hip Stretch

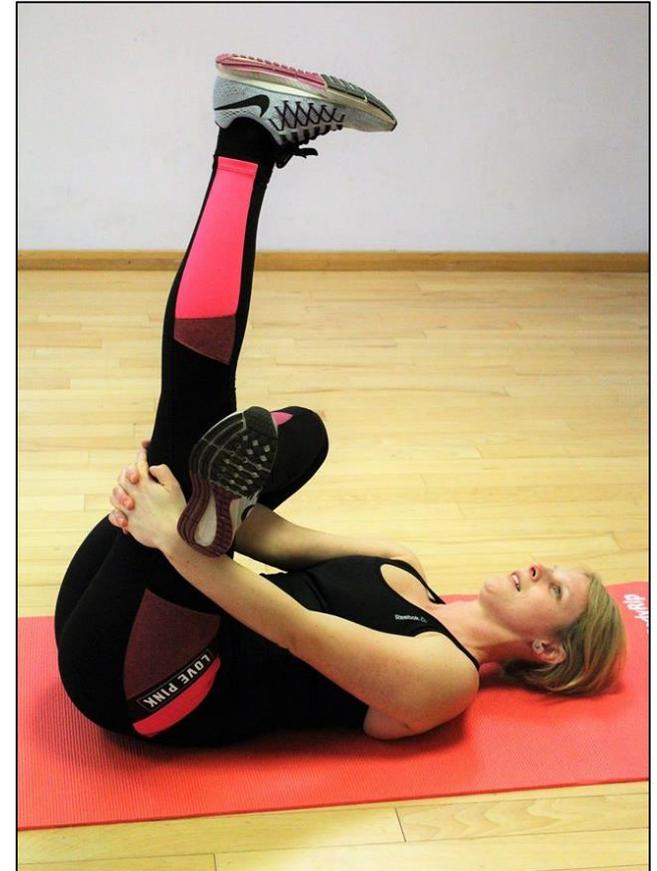
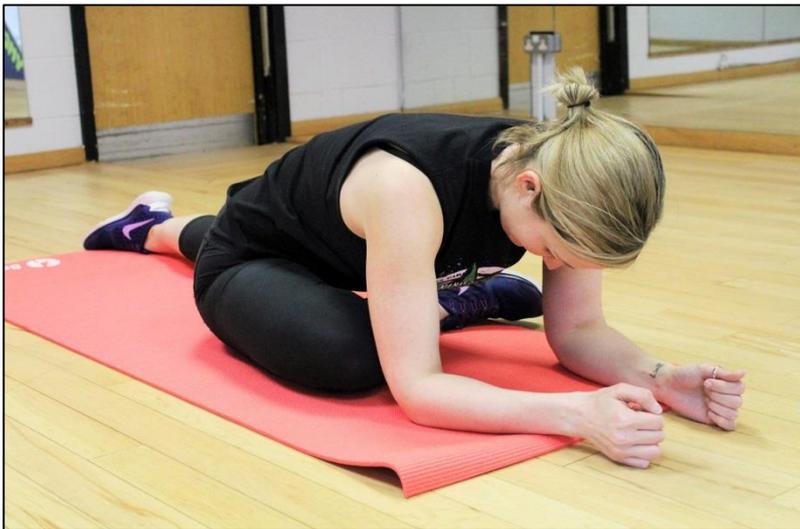
Muscles Stretched: Glutes

Lie on your back and bend your knees so that your feet are flat on the floor. Bend one leg across the other, so that your ankle rests on the thigh of the other leg. Grasp behind the thigh of the lower leg with both hands, and pull the leg towards you. To increase the stretch, Straighten the leg that you are pulling towards you.

Prone Hip Stretch

Muscles Stretched: Glutes, Iliacus, Psoas Major

Sit on the floor. Bend one leg in front of you perpendicular to your body, so that your knee is pointing out to the side, and your foot is pointing inwards. Place your hands on the floor in front of this leg, and extend the other leg out behind you. Gently lower your body towards the floor, supported by your arms.



Upper Legs

Standing Thigh Stretch

Muscles Stretched: Quads, Tibialis Anterior

Stand next to a wall or a chair and place your hand on it for balance. Bend the opposite knee, grabbing your ankle with your other hand.

Standing up straight, pull your ankle towards your bottom.

To increase the stretch, push your hips forwards.



Seated Hamstring

Muscles Stretched: Hamstrings

Sit on the floor with our legs extended in front of you. Pull one foot in towards your groin. Reach down and grasp the ankle or below the knee of the straightened leg.

Keeping the leg straight, pull your body towards your leg.



Lower Legs & Groin



Standing Groin Stretch

Muscles Stretched: Adductors, Gracilis

Stand with feet wide apart, pointing out at a 45 degree angle. Keeping back straight, move your torso to one side and bend the knee on the same side in a lunging motion.

To increase the stretch, allow the foot of the straight leg to rotate so that the toes point towards the ceiling.



Calf Stretch - Wall

Muscles Stretched: Calves

Stand facing a wall. Place your heel on the floor as close to the wall as possible, and place your toe on the wall. Lean your body towards the wall until you feel a stretch.

To increase the stretch, push your hips in towards the wall and lean back from the waist.

