

STRETCHING EXERCISES

WHY WARM UP?

Warming up allows the body to adjust from a state of rest to activity in a controlled manner. Raising the body's temperature, metabolic, respiratory and heart rates improves physical efficiency and performance. Warming up stretching muscles and mobilizing joints prior to dynamic activity minimises the risk of incurring a strain injury.

WHEN STRETCHING

Stretching exercises are recommended before and after participating in sport or strenuous manual work as they prepare the body for the forthcoming physical activity by enabling joints to move through their full range of motion optimising flexibility. Pre-stretching reduces the risk of potential strain injury, post-stretching aids recovery.

Neck Stretch



Rotate head in both directions then forward, backward and side to side.
Option: Use pressure from hand on head to increase intensity.

Overhead Arm Stretch



Hands clasped push upwards with straight arms.
Option: Lean forward and backwards whilst arms outstretched.

HOW TO WARM UP

For 5-10 minutes engage in progressively intense light cardio exercise closely related to your sporting activity e.g. football kick about, rugby ball passing, swing arm weights, shadow boxing etc. varied with general exercises such as jogging, shuttle runs, high knee sprints. When feeling adequately energised perform stretching exercises prior to commencing your sport/activity.

POSTURE

Adopt a relaxed, balanced stance standing tall with spine aligned, head up, shoulders back, abdomen flat. During stretches concentrate on controlled, slow, deep breathing. Flexibility is increased when the mind and muscles are relaxed. Everyone's mobility and flexibility is different being dependent on personal physical characteristics, fitness levels and age. Stretch within your limitations DO NOT try to compete.

Shoulder Circles



Pull elbows close to both sides.
Option: Gradually decrease circles and arms are fully outstretched in gradually increased back or full circles.

Rear Shoulder Stretch



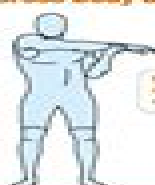
Push straight arms towards both hands clasped.
Option: Lean forward whilst pushing hands upwards to increase intensity.

Overhead Triceps Stretch



Holding back elbow of arm being stretched pull downwards towards head.

Cross Body Shoulder Stretch



Keeping arm straight and elbow raised, holding elbow or forearm pull towards body.

Chest Stretch



Draw straight arm back and forward in 'whipping' motion.

Hip Circles



Rotate hips in large circles in both directions keeping legs straight.
Option: Hands by sides alternately bend sideways sliding hand towards knee.

Torso Twist



With feet facing forward alternately rotate trunk left and right.

Squat



With feet apart lower body whilst keeping head up and spine straight.

Quad Stretch



Holding ankle of leg being stretched pull foot towards body.
Option: Push thigh back trying to straighten leg whilst leaning forward.

Floor Touch



Stand with feet shoulder width apart, feet in front, between and behind feet keeping legs straight then straighten up.
Option: From upright position rotate trunk bending to touch alternate feet with opposite hand.

Calf Stretch



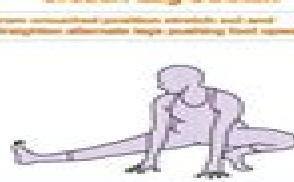
Heels on wall, shift weight onto back foot push rear leg straight, foot-against wall stretch.
Option: Bend knee of back leg shifting weight onto heel of foot, feel knee pull stretch.

Crossed Leg Toe Touch



Keeping knees leg straight slide hands down after towards feet then straighten up.

Crouch Leg Stretch



From crouched position stretch out and straighten alternate legs pushing foot opposite.

Groin Stretch



With knees together pull feet towards body whilst sitting forward from hips.
Option: Lying on back knees together with arms bent spread push up knees.

Hip Stretch



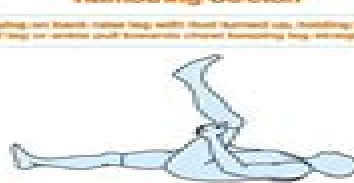
Cross feet over outstretched leg, pull knee towards body with arm whilst rotating torso.

Head to Knee Stretch



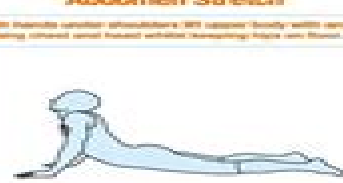
Tuck head little groin outstretched other leg keeping it straight, slide hands down arm towards foot whilst reaching forward.
Option: With both legs outstretched either together or apart slide hands down shins towards feet.

Hamstring Stretch



Lying on back raise leg with foot turned up, holding back of leg or ankle pull towards chest keeping leg straight.

Abdomen Stretch



With hands under shoulders lift upper body with arms raising chest and head whilst keeping hips on floor.

PERSONAL ROUTINE

Assume the mindset that your Warm Up/Stretch/Cool Down routine is an integral part of your sport/activity session. Develop an achievable routine that you enjoy. DO keep it fresh by including variations. DO NOT view physical preparation as a 'chore' to be hurried. DO NOT allow your routine to evolve into an excessively long activity.

EXERCISE TECHNIQUE

Be methodical starting from the head down. Perform exercises in a considered, controlled manner. Dynamic Stretches involve rotational motions. Static Stretches involve progressively extending to the point of maximum discomfort. Perform each stretch 3-5 times holding static stretches for between 5-30 seconds. DO NOT 'recoil' or 'bounce' relying on momentum. DO NOT grope or 'push through' pain. DO NOT exercise if ill or injured.

WHY COOL DOWN?

Cooling Down provides the body with a period of adjustment from activity to rest where the body's temperature, metabolic, respiratory and heart rates can be lowered in a controlled manner. It also presents an opportunity to reflect on your performance, calm down and relax.

HOW TO COOL DOWN

For 5-10 minutes after dynamic activity leisurely repeat the warm-up routine varied with stretching exercises. This can aid recovery by dispersing lactic acid and other waste products created by muscle activity, minimise 'blood pooling' in lower limbs and reduce Delayed Onset Muscle Soreness (DOMS).

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This book delves into Stretching Guide Ads Sports Training Equipment Sports. Stretching Guide Ads Sports Training Equipment Sports is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Stretching Guide Ads Sports Training Equipment Sports, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 2: Essential Elements of Stretching Guide Ads Sports Training Equipment Sports
 - Chapter 3: Stretching Guide Ads Sports Training Equipment Sports in Everyday Life
 - Chapter 4: Stretching Guide Ads Sports Training Equipment Sports in Specific Contexts
 - Chapter 5: Conclusion
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- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Stretching Guide Ads Sports Training Equipment Sports.

Table of Contents Stretching Guide Ads Sports Training Equipment Sports

1. Understanding the eBook Stretching Guide Ads Sports Training Equipment Sports
 - The Rise of Digital Reading Stretching Guide Ads Sports Training Equipment Sports
 - Advantages of eBooks Over Traditional Books
2. Identifying Stretching Guide Ads Sports Training Equipment Sports
 - 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 Guide Ads Sports Training Equipment Sports
 - User-Friendly Interface
4. Exploring eBook Recommendations from Stretching Guide Ads Sports Training Equipment Sports
 - Personalized Recommendations
 - Stretching Guide Ads Sports Training Equipment Sports User Reviews and Ratings
 - Stretching Guide Ads Sports Training Equipment Sports and Bestseller Lists
5. Accessing Stretching Guide Ads Sports Training Equipment Sports Free and Paid eBooks
 - Stretching Guide Ads Sports Training Equipment Sports Public Domain eBooks
 - Stretching Guide Ads Sports Training Equipment Sports eBook Subscription Services
 - Stretching Guide Ads Sports Training Equipment Sports Budget-Friendly Options
6. Navigating Stretching Guide Ads Sports Training Equipment Sports eBook Formats
 - ePub, PDF, MOBI, and More
 - Stretching Guide Ads Sports Training Equipment Sports Compatibility with Devices
 - Stretching Guide Ads Sports Training Equipment Sports Enhanced eBook Features
7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Stretching Guide Ads Sports Training Equipment Sports
 - Highlighting and Note-Taking Stretching Guide Ads Sports Training Equipment Sports
 - Interactive Elements Stretching Guide Ads Sports Training Equipment Sports
8. Staying Engaged with Stretching Guide Ads Sports Training Equipment Sports
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Stretching Guide Ads Sports Training Equipment Sports
 9. Balancing eBooks and Physical Books Stretching Guide Ads Sports Training Equipment Sports
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Stretching Guide Ads Sports Training Equipment Sports
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Stretching Guide Ads Sports Training Equipment Sports
 - Setting Reading Goals Stretching Guide Ads Sports Training Equipment Sports
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Stretching Guide Ads Sports Training Equipment Sports
 - Fact-Checking eBook Content of Stretching Guide Ads Sports Training Equipment Sports
 - 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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