

# STATIC STRETCHING GUIDE



Keep your back flat  
Slowly reach out to your foot until you feel the pull  
Hold for 15-20 seconds  
Repeat for the other side



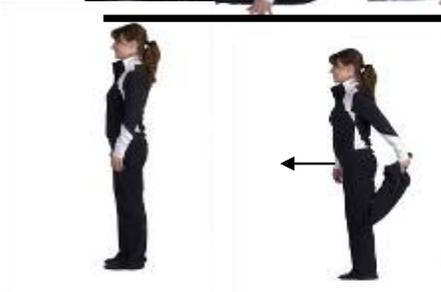
Keep your back flat  
Slowly reach out in front of you (making sure to keep your back flat the entire time)  
Hold for 15-20 seconds



Slowly lower your hips to the ground as shown  
Hold for 20 - 25 seconds  
Repeat for the other side



Maintaining an upright body position turn as shown  
You should feel this in the glute and side of the leg.  
Hold for 20-25 seconds  
Repeat for other side



Maintaining an upright body position  
Hold at your ankle  
Slowly drive your hips forward  
Hold for 20-25 seconds  
Repeat for the other side

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Maintain a "flat back" posture  
Drive your hips to the floor  
lean over as shown  
Hold for 25-30 seconds  
Repeat for the other side



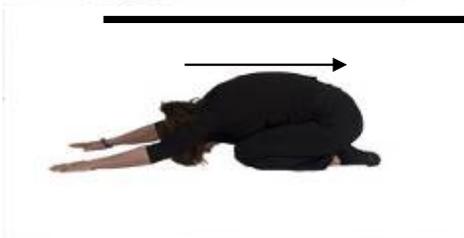
Maintain an upright body position  
Drive your knees to the ground  
Hold for 25-30 seconds



Make sure to maintain contact between your lower back and the ground  
Drive your knee to your head as shown  
Hold for 20-30 seconds  
Repeat for the other side



Keep your back flat and bend at the waist  
make sure keep your back flat even as you reach out to your toes  
if you can't reach your toes now, don't worry maintain proper posture  
Hold for 25-30 seconds



Drop your chest to the floor  
pull back against your hands  
you'll feel this stretch through your lats  
Hold for 25-30 seconds

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Pull back and stretch up through the front of your body  
Hold for 25-30 seconds



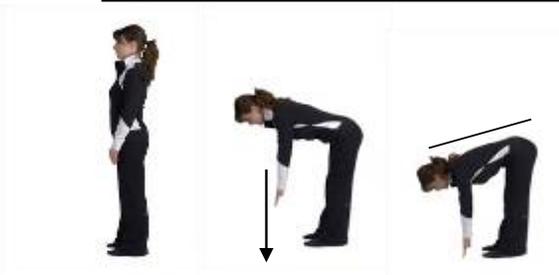
In position as shown slowly pull your arms back at your elbows then try and get your elbows to touch behind you by slowly arching your back  
Hold for 25-30 seconds



Draw your belly button into your spine  
slowly arch your back as shown  
Hold for 10-15 seconds repeat 2-3 times

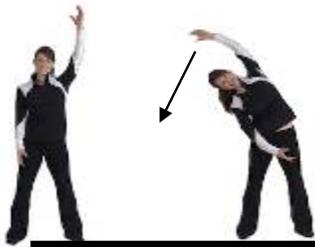


Drive your hips down to the ground at a 45 degree angle  
Hold for 25-30 seconds  
Repeat for the other side

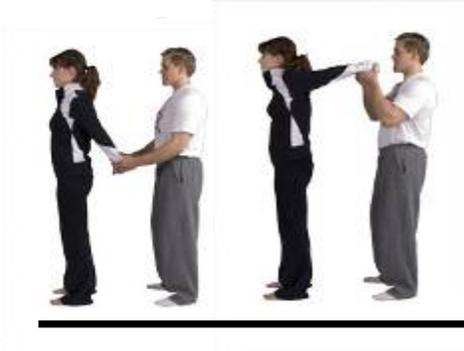


Maintain a flat back  
when doing this think of sticking your butt out as apposed to bending over  
your shoulder feel this stretch through your hamstrings

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Maintain an upright body position  
Slowly bend at the waist as shown  
Hold for 20-25 seconds  
Repeat for the other side



Make sure to maintain an upright body position  
have your partner slowly raise your arms as shown  
Have them hold at the top of the stretch for 20-25 seconds  
Repeat 2-3 times



Don't let your body tip forward  
Raise your arms as shown  
Hold for 20-25 seconds



Don't let your shoulder hike  
Pull at your elbow in the direction indicated  
Hold for 20-25 seconds  
Repeat for the other side

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Driving your hips forward you should feel this stretch through your calf  
Hold for 20-25 seconds  
Repeat for the other side



Maintain an upright body position  
Pull your elbow down behind you in the indicated direction  
Hold for 20-25 seconds  
Repeat for the other side



Maintain an upright body position  
as you bend at the waist make sure to let your upper body lean forward  
Hold for 20-25 seconds  
Repeat for the other side



Don't let your head jut forward  
Slowly lower your head as shown to one side  
at the same time pull the shoulder on the opposite down as indicated  
Hold for 20-25 seconds  
Repeat for the other side

# STATIC STRETCHING GUIDE



Pull the wrist (indicated with the arrow) up  
Hold for 20-25 seconds  
Repeat for the other side



Pull the wrist (indicated with the arrow) down  
Hold for 20-25 seconds  
Repeat for the other side

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