

SUBJECT 4: Exercises

STRETCHING EXERCISES

Static Stretching Routine (Sitting Position), for Cool-Down

POINTS TO KEEP IN MIND

- Static = hold position for 20-30 seconds. Do not “over-stretch” to the point of pain. Mild, comfortable, easy tension is enough.
- Repeat stretch twice (2x) each side, alternating left and right sides. First stretch should be gentle, while the second stretch should be slightly tighter than the first stretch (increase stretch with slightly more muscle tension).
- Do not hold your breath during a stretch. Breathe deep and slow. Try to relax the muscle (decrease muscle tension) slightly as you breathe in through the nose, and stretch the muscle (increase muscle tension) slowly as you breathe out through your mouth.

GENERAL ADVICE REGARDING COOL-DOWN STRETCHING

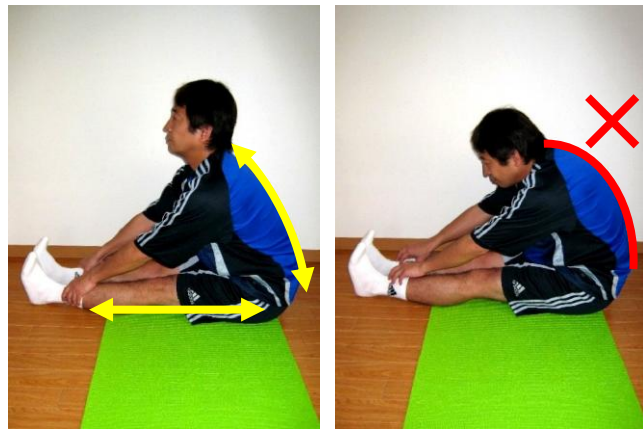
To return the blood quickly (along with lactic acid and any other unwanted physiological by-products from physical training) from the upper & lower extremities (arms & legs) back toward the core (trunk), it is recommended that you stretch in sequence from “bottom-to-top” (toes-to-head). It is also recommended that you perform your cool-down stretching routine in a relaxed, sitting or lying down position, to remove stress from your legs (muscles and joints) in a non-weight-bearing condition. However, if a training ground is not suited for stretching in a sitting or lying down position (i.e. the ground is wet from poor weather conditions), then perform your static stretching routine in a balanced standing position, but in reverse order of the warm-up sequence (please refer to a separate PDF file, for “standing position”). If the weather is poor (cold, windy, rainy, etc.), then perform your cool-down stretching routine in a sheltered location under a roof, or in a locker room.

ROUTINE

Stretching routine shown in this document is a minimum requirement. There are many other forms or methods of stretching, and you are free to add/modify your own routine as necessary, but we recommend that you at least incorporate the following stretches into your routine.

Please note that the sequence shown in this document is in a “toes-to-head” direction.

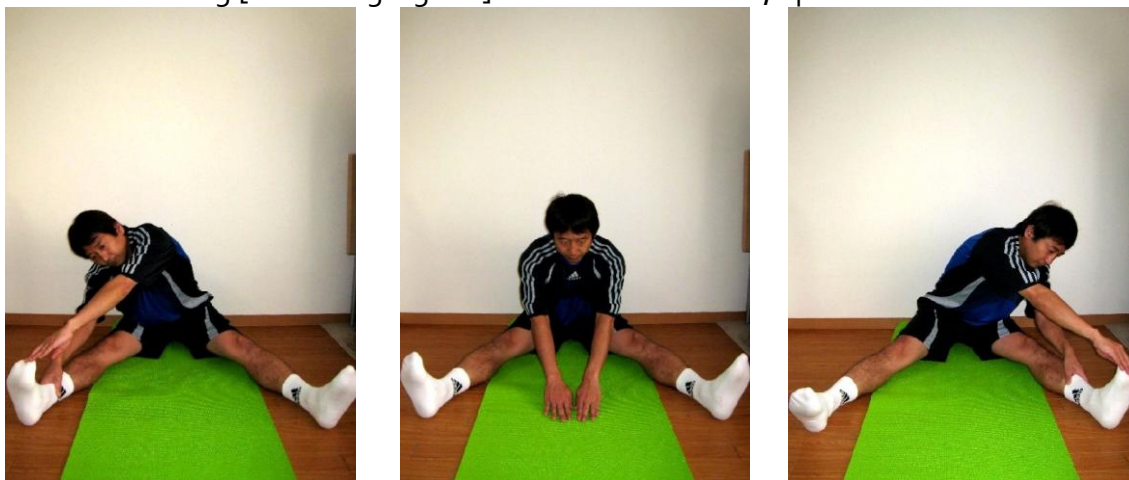
1) Lower leg [hamstring + calf] stretch



2) Lower leg [hamstring + calf + groin] stretch



Lower leg [hamstring + groin] + lower back stretch, optional



3) Groin stretch



4) Hip stretch (internal rotation)



5) Hip stretch (external rotation)



6) Thigh [Quadriceps] + hip flexor [iliopsoas] stretch



7) Trunk stretch (lower back & chest)

