

STRONGTM People

also known as

STRONGWOMEN



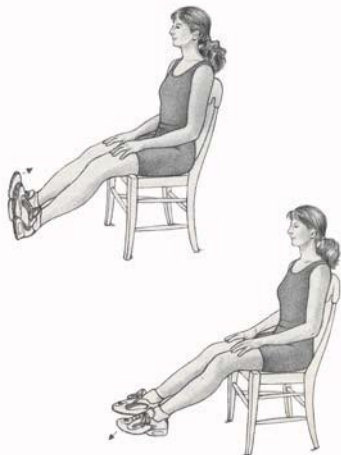
QUADRICEPS STRETCH

1. Hold chair with left hand, bend right knee so right leg comes up behind you.
2. Grasp foot, pointing knee as far down as possible.
3. Hold 20 to 30 seconds, then release.
4. Repeat on opposite side.



LOWER BACK AND HAMSTRING STRETCH

1. Sit forward with feet flat on floor. Thighs and lower legs should form a right angle.
2. Slide right leg forward, keeping heel on floor, until right knee is straight, but not locked. Ankle should be relaxed.
3. Extend both arms, pointing fingers toward right foot. Bend as far forward as you comfortably can.
4. Hold 20 to 30 seconds, then release.
5. Repeat on opposite side.



LOWER LEG AND ANKLE STRETCH

1. Sit with feet flat on floor. Raise legs slightly so heels are 1 to 2 inches off the floor.
2. Flex toes up and bend ankles back. Hold 20 to 30 seconds.
3. Point toes down and bend feet away from you. Hold 20 to 30 seconds, then release.



SHOULDER STRETCH

1. Stand with feet shoulder-width apart, arms at sides.
2. Extend arms straight behind body, pulling back and up as high as you can.
3. Clasp hands together if you're able.
4. Hold 20 to 30 seconds, then release.

BASIC INSTRUCTIONS FOR STRETCHING

- Get into position, extending your muscles as far as you comfortably can.
- Hold the stretch for twenty to thirty seconds, breathing normally.
- During the stretch, gently try to extend the position, but never to the point of discomfort.
- Try to relax your muscles as much as possible—the more you relax, the more your muscles will be able to stretch.