

❖ **POST-WORKOUT STRETCH PROGRAM**

Lots of people “skip” stretching at the end of the workout because they think it saves time – but that decision may be costly down the road. During a workout, your muscles have been contracting (shortening), and if you don’t stretch afterward to return them to at least where you started the workout (your normal, resting length), you will find that your muscles will get shorter over time. When muscles become short and tight, they are more prone to injury. They will prevent effective training because you limit the range your body can move through during an exercise. If your hamstrings are tight, for example, you will find it difficult to do any type of squat motion because your hamstrings prevent you from being able to sit down and back. Tight chest muscles will not just make you look out of balance; they will limit your ability to lift as much weight on the bench press because you won’t be able to fully lower the weight and move through a complete range of motion. Always leave time at the end of your training sessions to incorporate this stretch routine – your body will thank you later!

POST-WORKOUT STRETCH

MOVEMENT	TIME	INT	RIBS	
Glute-quad-hamstring Combo Stretch	30 s e	na		ABBREVIATIONS KEY RIBS — Rest in between sets ETO — Exchange time only (time it takes to set up and begin next movement) INT — Intensity (see intensity scale) s — seconds e — each EE — Exercise execution EO — Exercise optimization
Supine Hamstring/Calf Stretch	30 s e	na		
Supine Hip Stretch Combo	30 s e	na		
Stretch-lunge Combo	30 s e	na		
Standing Split Stance Alt Arm Chest Stretch	30 s e	na		

❖ **GLUTE-QUAD-HAM COMBO STRETCH**

EE: Sit on floor with one leg bent in front of body and other leg bent to the side of body; lean forward over front leg to stretch buttock; lean back on elbow to stretch quad; extend front leg out in front and lean forward to stretch hamstring; change position of legs and repeat for other side.
EO: For glute stretch, lean directly forward to enhance stretch; for quad stretch, press hip toward the sky to enhance the stretch.



❖ **SUPINE HAMSTRING/CALF STRETCH**

EE: Lie on back; lift one leg up and grasp back of leg with two hands; pull straight leg back to full stretch in hamstring.
EO: Keep leg straight, or slightly bent, to enhance stretch; place hands as high as possible on leg, without bending knee; actively press heel up, toes down.



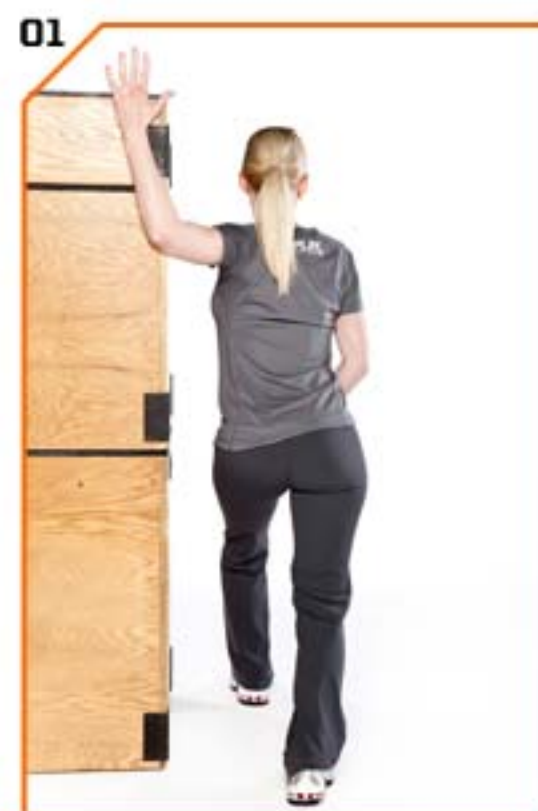
STRETCH-LUNGE COMBO

EE: Take long lunge step forward with right leg; reach right arm over knee to touch your elbow to your instep; hold stretch; shift weight to back leg by straightening front leg; hold stretch in hamstring.
EO: Overstride with your step; keep abs tight and avoid rounding your back in both stretches.



STANDING CHEST STRETCH

EE: Stand parallel to wall or side of door; reach inside arm up and back, with slight bend in elbow; step forward with the same side leg.
EO: Keep abs tight and length in spine; keep feet pointed forward; try to rotate the trunk slightly away from the wall to increase stretch.



SUPINE HIP STRETCH COMBO

EE: Lie on floor with one knee to chest, other leg extended; gently pull knee to chest; place one hand on knee while scooping under the foot/ankle, leveraging the knee away from the body and the foot toward the body.
EO: For both stretches, use arms to increase the stretch.

