

# Get Fast and Strong Limited - Recommended Stretching Exercises

## A. Upper Body

### Wall Front Deltoid Stretch

Face away from wall. Bend over and place hands slightly wider than shoulder width as high as possible on wall with fingers positioned upward. Bring rear end and back toward wall and squat down.



### Side Deltoid Stretch

Position arm across chest. Place opposite hand on elbow. Push elbow toward neck. Hold stretch. Repeat with opposite arm.



### Overhead Triceps Stretch

Put one arm overhead. Position forearm as close as possible to upper arm. Grasp elbow overhead with other hand. Pull elbow back and toward head. Hold stretch. Repeat with opposite arm.



### Kneeling Wrist Flexor Stretch

Kneel on floor or mat. Place palms of hand on floor with fingers pointing toward knees. Shift body back with elbows straight. Hold stretch.



### Single Arm Wrist Extensor Stretch

With palm facing downward, pull wrist and fingers downward toward forearm. Extend or straighten elbow. Hold stretch. Repeat with opposite arm.



### Wall Lat Stretch

Standing toward wall. Bend over and place palms of hands on wall, approximately shoulder width and waist height. Lower torso. Hold stretch.



## B. Lower Body

## Instructions

## Example

### Hip/Glute Stretch

Cross left foot over right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Switch legs.



### Hamstring Stretch

Lie on floor with knees bent. Straighten one leg and slowly pull it towards you, clasping the thigh, calf or ankle. Keep knee slightly bent. Switch legs.



### Inner Thigh Stretch

Sit on floor with feet pressed together. Keeping abs in, lean forward until you feel a gentle stretch in your inner thighs.



### Lunge Stretch

In lunge position, rest back knee on the floor, with front knee at 90 degree angle, abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Switch legs.



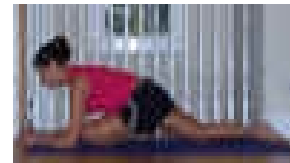
### Kneeling Hamstring Stretch

From above lunge position, slowly move backward until leg is slightly bent. Bend forward at the hip, keeping back flat until you feel gentle pull in the back of the leg. Switch legs.



### Piriformis Stretch

Begin on the hands and knees and bring the left knee in, resting it on the floor between your hands (you should be on the outside of the knee). Straighten the right leg out behind you and, if you can, bend forward and rest the forearms on the floor.



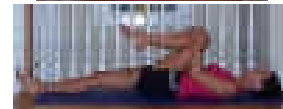
### Knees to Chest

Lying on the floor, pull your knees into your chest and clasp your hands under your knees. Gently press your hips to the floor.



### Knee to Chest

From above position, straighten one leg and pull the other knee into your chest until you feel a stretch in your hip. Switch legs.



### Calf Stretch

On hands and knees, straighten your legs, but keep them slightly bent. Gently press one or both feet towards the floor, keeping back flat and abs in.



### Kneeling Calf Stretch

On hands and knees, bring the left foot in between the hands and gently press the knee forward while pressing the heel towards the floor.



### Spine Twist

Lying on the floor, place right foot on the left knee. Using your left hand, gently pull your right knee towards the floor, twisting your spine and keeping left arm straight out, hips and shoulders on the floor. Switch sides.



### Quad Stretch

Lie down on your side using elbow for balance. Using other arm, slowly pull your foot towards your glutes, keeping both knees together and bent knee pointing down. Switch legs.

