

# Flexibility Exercises

This is a complete list of stretches or flexibility exercises to be performed in a workout. If you are unsure of how to implement these into your training program, please read:

**Flexibility** is defined as a joint's ability to move freely through a full and normal range of motion (ROM).

**Static Stretching** This refers to passive stretching where a stretch is held in a specific location for a certain time.

**Ballistic** aka. Bouncing Stretching: Dynamic muscular movements, such as a bouncing bent over hamstring stretch. (advanced athletes.)

Stretching is extremely important for general health and to prevent injuries during daily life and exercise. Also remember that a longer muscle is a stronger muscle.

When should you stretch? Always static stretch when your muscles are warm (after exercising). Perform dynamic (Arm circles, trunk rotations etc.) stretching before exercise.

Name of Stretch/Flexibility Exercise	Muscle Group Stretched
Abdominal Lat Stretch: Start by draping yourself sideways on the ball as shown. Place the top leg forward and bottom leg behind for balance, now with the bottom hand for support place the top hand over ...	abdominals, <u>latissimus dorsi</u> , <u>obliques</u> , <u>serratus anterior</u> (Back)
Abdominal / <u>Ab</u> Ball Stretch: Start by sitting on the ball then roll out on the ball. Now place the ball in the middle of your back and gently lean back until you feel the stretch. If you have any back problems ...	abdominals, <u>serratus anterior</u> (Shoulder), Abs, Core, Upper Body, Stabilizers
Abdominal Twists- Dynamic Stretch: To perform the abdominal twist exercise begin with a broom, wide grip bar, hockey stick or something alike behind your head with your hands resting on top. Begin twisting ...	Abdominals, <u>Spinae Erector</u> , <u>Obliques</u> , Stabilizers, Core Strength
Hurdlers Stretch: This is a hamstring stretch. - Sit with one leg extended. - The other curled into the body. - Lean with your lower back until you feel a stretch...	<u>Biceps Femoris</u> , <u>Gluteus Maximus</u> (Butt, Hamstring)
Standing Hamstring Stretch: Start by having your legs straight and lower your body while keeping your legs straight as you can. Go down until you can feel the stretch. This exercise is great for any ...	<u>Biceps Femoris</u> , <u>Gluteus Maximus</u> (Butt, Hamstrings, Legs)
Chest and Bicep Flexibility Stretch: This chest, shoulder and bicep stretch can be performed by lying on an exercise ball/stability ball/ <u>swiss</u> ball and having your shoulder blades on the majority of the ball. Now <u>dra</u> ...	Chest, <u>Pectoralis Major</u> , Dumbbells, Exercise Ball, Stability Ball, <u>Biceps Brachii</u> , Deltoid, Shoulders, Anterior Deltoid, Front Shoulder, Upper Body, Stability Ball
Forearm Stretch: Start by holding one hand by the fingers and pulling back until you feel the stretch. See the picture. This stretch is important for any sport involving throwing...	Forearm Flexors (Isolation)
Calf Stretch: This is very important for running. - Stand with your hands against the wall - Lunge one leg back - Bend your front leg until you feel the stretch in your calf....	<u>Gastrocnemius</u> , <u>Soleus</u> , Calf (Isolation), Lower Body
Butt and Hamstring Stretch: Start lying down on the ground and lift one leg up while holding your knee into your body until you feel the stretch. This exercise is important for any sport since it str...	<u>Gluteus Maximus</u> , <u>Biceps Femoris</u> (Butt, Hamstrings, Legs)
Butt and Back Stretch: Start sitting down while putting one leg over the other as shown. Now place the opposite arm (of the leg) over the leg that is on top while pushing your elbow into your knee to fee...	<u>Gluteus Maximus</u> , <u>Latissimus Dorsi</u> (Back, Butt), Upper Body
Groin Stretch: This is a groin stretch which is really important for running and any sport which will require your lower body. - Sit with your lower back straight. - Soles of your feet...	<u>Gracilis</u> , <u>Adductor Longus</u> , (Groin), Inner Thigh
Groin Stretch 2: Start by spreading your legs with your feet facing forward. Lean to one side while having your hands on your knee for support. Keep leaning to the side until you feel the stretch...	groin, <u>Gluteus Maximus</u> (Butt, Legs)
Hip Flexor Stretch: This stretch is important for running or any other type of aerobic activity that includes your lower body. - Kneel with one leg forward, while the other leg behind. - Ben...	Hip Flexors, <u>Rectus Femoris</u> (Quadriceps), Thigh
Chest and Anterior Deltoid Stretch: - Place one arm against a wall while keeping a your torso parallel. - Gently lean your body against the wall to feel the stretch...	<u>Pectoralis Major</u> (Chest), Anterior Deltoid, <u>Biceps Brachii</u> (Arms), Shoulders
Thigh / Quad / <u>Rectus Femoris</u> Stretch: Start by standing while grabbing one foot and putting it against your glut. While starting by holding on to something for balance it is very important to have your leg straight up...	<u>Rectus Femoris</u> , Hip Flexors (Quadriceps Legs)
Back / Rhomboid Stretch: To complete this exercise complete the following: - Cross one arm in front of your body. - Use the opposite arm to squeeze into your body and above or below elbow joint...	Rhomboid, <u>Triceps</u> , Posterior Deltoid, Rear Deltoid, <u>Latissimus Dorsi</u> (Back, Shoulder, Arms)
Neck Rotations: To stretch your <u>sternocleidomastoid</u> rotate your head back and forth without tilting your head back. You can also rotate your head forward....	<u>Sternocleidomastoid</u> , <u>Trapezius</u> (Neck) (Isolation)
<u>Triceps</u> and Lat Stretch: <u>Triceps</u> and Deltoid stretch is completed by the following instructions: - Place both arms overhead. - Gently pull behind your elbow to slide palm down the middle of your...	<u>Triceps</u> , Rear Deltoid, <u>Latissimus Dorsi</u> , Rhomboid (Arms, Shoulder, Back)