Stretching and Flexibility Training

Flexibility is the ability to move a joint through its full range of motion.

Why should I stretch?

- To improve joint range of motion
- To improve muscle performance
- To promote better circulation
- To reduce the chance of muscular injuries
- To help prevent muscle stiffness and soreness
- To help reduce tension and to encourage relaxation
- To help you develop better awareness of your body

When should I stretch?

- To loosen your muscles, stretch after you warm-up but before you begin your physical activity.
- To increase your flexibility and improve your range of motion, stretch after your physical activity.
- Stretching can be done anytime, anywhere (as long as you’re warmed up). Aim to stretch at least 3 times per week, even if you don’t have time to exercise.

How do I stretch?

- Stretch in a slow relaxed manner
- Stretch until you feel a slight discomfort (not pain) in the muscle
- Hold each stretch for at least 30 seconds
- Don’t bounce
- Repeat each stretch two or more times
- Breathe normally

What do I stretch?

- Focus on any area that is particularly tight
- Focus on the muscles you are going to use or have used during your activity

For a quick and easy stretching routine see the pictures on the back of this fact sheet or check our stretching booklet for the following stretches:

Standing-
- Chest: pecs
- Arms: Biceps
- Arms: Triceps
- Legs: calves

Legs-
- Legs: groin
- Legs: hamstrings
- Legs: quadriceps
- Back: lumbar extensors
<table>
<thead>
<tr>
<th>Chest: Pecs</th>
<th>Arms: Biceps</th>
<th>Arms: Triceps</th>
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</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Chest Exercise Diagram" /></td>
<td><img src="image2.png" alt="Arms Biceps Exercise Diagram" /></td>
<td><img src="image3.png" alt="Arms Triceps Exercise Diagram" /></td>
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<tr>
<td>Legs: Calves</td>
<td>Legs: Groin</td>
<td>Legs: Quadriceps</td>
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<tr>
<td><img src="image4.png" alt="Legs Calves Exercise Diagram" /></td>
<td><img src="image5.png" alt="Legs Groin Exercise Diagram" /></td>
<td><img src="image6.png" alt="Legs Quadriceps Exercise Diagram" /></td>
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<tr>
<td>Legs: Hamstrings</td>
<td>Back: Lumbar Extensors</td>
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<tr>
<td><img src="image7.png" alt="Legs Hamstrings Exercise Diagram" /></td>
<td><img src="image8.png" alt="Back Lumbar Extensors Exercise Diagram" /></td>
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