

### Stretching Rules & Guidelines

Stretching is a key component of any fitness program. It helps to improve flexibility, reduce the risk of injury, and speed up recovery. Here are some important rules and guidelines to follow:

- 1. Warm up first: Always perform a light aerobic warm-up before stretching.
- 2. Breathe: Inhale as you stretch and exhale as you relax.
- 3. Hold for 15-30 seconds: Most static stretches should be held for this duration.
- 4. Repeat 2-4 times: Perform each stretch multiple times.
- 5. No bouncing: Avoid ballistic stretching, which can lead to injury.
- 6. Listen to your body: Stretch to the point of mild discomfort, not pain.
- 7. Consistency is key: Regular stretching is more effective than occasional sessions.
- 8. Hydrate: Drink water before and after stretching.
- 9. Focus on form: Proper technique is essential for safe and effective stretching.
- 10. Use props: Chairs, mats, and other tools can help you achieve a deeper stretch safely.

### Stretching Why you need to!

Stretching is essential for maintaining good health and preventing injury. It helps to improve blood circulation, reduce muscle tension, and increase range of motion. Regular stretching can also help to relieve stress and improve overall well-being. Here are some reasons why you need to stretch:

- 1. Improves flexibility: Regular stretching helps to lengthen muscles and increase their range of motion.
- 2. Reduces the risk of injury: Flexible muscles are less likely to be strained or torn.
- 3. Relieves muscle tension: Stretching helps to release tight muscles and reduce discomfort.
- 4. Improves posture: Regular stretching can help to correct poor posture and prevent back pain.
- 5. Enhances performance: Flexible muscles can contract more efficiently, leading to better athletic performance.
- 6. Promotes relaxation: Stretching can help to calm the mind and reduce stress levels.
- 7. Aids in recovery: Stretching helps to remove lactic acid from the muscles, speeding up the recovery process.
- 8. Improves circulation: Stretching helps to increase blood flow to the muscles, providing them with the nutrients they need to function properly.
- 9. Prevents aging: Regular stretching can help to maintain muscle mass and joint flexibility as you age.
- 10. Boosts mood: Stretching releases endorphins, which can help to improve your mood and overall mental health.

# The Stretching Poster



Stand with feet hip-width apart, hands behind back, pull up and over head.



Sit on chair, feet flat on floor, lean forward, hold for 15-30 seconds.



Stand with feet hip-width apart, pull right arm across chest, hold for 15-30 seconds.



Stand with feet hip-width apart, pull right arm behind back, hold for 15-30 seconds.



Stand with feet hip-width apart, lean forward, arms extended, hold for 15-30 seconds.



Stand with feet hip-width apart, pull right arm over head, hold for 15-30 seconds.



Stand with feet hip-width apart, pull right arm across chest, hold for 15-30 seconds.



Stand with feet hip-width apart, pull right arm behind back, hold for 15-30 seconds.



Lie on side, pull right arm over head, hold for 15-30 seconds.



Lie on back, pull right arm over head, hold for 15-30 seconds.



Stand with feet hip-width apart, lean forward, arms extended, hold for 15-30 seconds.



Get on hands and knees, pull right arm over head, hold for 15-30 seconds.



Get on hands and knees, pull right arm behind back, hold for 15-30 seconds.



Get on hands and knees, pull right arm over head, hold for 15-30 seconds.



Stand with feet hip-width apart, lean forward, arms extended, hold for 15-30 seconds.



Stand with feet hip-width apart, lean forward, arms extended, hold for 15-30 seconds.



Stand with feet hip-width apart, lean forward, arms extended, hold for 15-30 seconds.



Get on hands and knees, pull right arm over head, hold for 15-30 seconds.



Sit on floor, pull right arm over head, hold for 15-30 seconds.



Sit on floor, pull right arm over head, hold for 15-30 seconds.



Lie on back, pull right arm over head, hold for 15-30 seconds.



Stand with feet hip-width apart, lean forward, arms extended, hold for 15-30 seconds.



Sit on floor, pull right arm over head, hold for 15-30 seconds.



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All illustrations shown on this poster have been taken from The Stretching Handbook. For more information go to either a local phone shop or website at:

[www.TheStretchingInstitute.com](http://www.TheStretchingInstitute.com)



# Body Art Forms Stretching Guide

**John R. Little**



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