

Stretching

I have supplied for you stretches to complete before you start the routine. Stretch after you have warmed up your muscles.

Stretching regularly will help keep muscles pliable and increase ones range of motion to will help protect you from injury. Stretching not only speeds up recovery of muscles but also increases the muscles ability to bring in more nutrients.

How and When to Stretch

Frequency: Try to stretch every day.

Do each stretch 3 times per muscle group

Intensity: Light pressure – about 30% - 40% of maximum

Duration – Hold each stretch for 15 – 20 seconds

Good Luck

