

InstantStretch v3.1

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Warning

The stretching exercises presented in this routine are intended as an educational resource and are not intended as a substitute for proper medical advice. Please consult your physician, physical therapist or the person who gave you this routine before performing any of the stretching exercises described in this routine, particularly if you are pregnant, elderly or have any chronic or recurring muscle or joint pain. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

This is a personalized InstantStretch routine for me.

Age: 21
Gender: Male
Height: 6 ft
Weight: 150 lbs

Fitness Level: General
Max # of Stretches: 12
Program Type: Custom Design
Routine for:

Additional notes and comments for me

Stretching Time - Morning 7 AM to 8 AM.

Instructions for me

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next page move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times. Where appropriate, stretches should be done on both sides.

Stretch #I05

Lying Abductor Stretch, is for the muscles of the Abductors

Lean on your side on the ground and bring your top leg up to your other knee. Push your body up with your arm and keep your hip on the ground.



Stretch #H05

Squatting Leg-out Adductor Stretch, is for the muscles of the Adductors

Stand with your feet wide apart. Keep one leg straight and toes facing forward while bending the other leg and turning your toes out to the side. Lower your groin towards the ground and rest your hands on the bent knee or the ground.



Stretch #E09

Sitting Knee-to-chest Buttocks Stretch, is for the muscles of the Buttocks

Sit with one leg straight and the other leg crossed over your knee. Pull the raised knee towards your opposite shoulder while keeping your back straight and your shoulders facing forward.



Stretch #E12

Sitting Leg Resting Buttocks Stretch, is for the muscles of the Buttocks

Sit with one leg slightly bent. Raise the other foot up onto your raised leg and rest it on your thigh, then slowly lean forward.



Stretch #G03

Standing Toe-up Hamstring Stretch, is for the muscles of the Hamstrings

Stand with one knee bent and the other leg straight out in front. Point your toes towards your body and lean forward. Keep your back straight and rest your hands on your bent knee.



Stretch #E02

Lying Leg Tuck Hip Stretch, is for the muscles of the Hips

Lie on your stomach and bend one leg under your stomach. Lean towards the ground.



Stretch #E13

Lying Leg Resting Buttocks Stretch, is for the muscles of the Hips

Lie on your back and slightly bend one leg. Raise your other foot up onto your bent leg and rest it on your thigh. Then reach forward, holding onto your knee and pull towards you.



Stretch #K04

Leaning Heel-back Achilles Stretch, is for the muscles of the Lower Calves

Stand upright while leaning against a wall and place one foot behind the other. Make sure that both toes are facing forward and your heel is on the ground. Bend your back leg and lean towards the wall.



Stretch #F04

Lying Quad Stretch, is for the muscles of the Quadriceps

Lie face down and pull one foot up behind your buttocks.



Stretch #F05**Lying Side Quad Stretch, is for the muscles of the Quadriceps**

Lie on your side and pull your top leg behind your buttocks. Keep your knees together and push your hips forward.

**Stretch #J06****Leaning Heel-back Calf Stretch, is for the muscles of the Upper Calves**

Stand upright and lean against a wall. Place one foot as far from the wall as is comfortable and make sure that both toes are facing forward and your heel is on the ground. Keep your back leg straight and lean towards the wall.

