Flexibility - Stretching (static)
Program Template
Trainer: Abui Beckley

Introduction
Intro to stretching all the basic stretches. Stretches should be done after exercising or foam rolling.

Warm Up
the warm up for stretches should be your workout. If you would like to stretch only foam rolling should be your warm up.

Cardio Program

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<th>Intensity</th>
<th>Duration</th>
<th>Comments</th>
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<td>Turtle Pose</td>
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Cool Down

**Upper Traps - Seated**
Reps: 2  Sets: 2  Intensity:  Duration: 15-30 sec

Movement:
- Draw your belly button inward toward your spine.
- Tuck your chin in and slowly draw your left ear to your left shoulder until first tissue tension barrier is felt.
- Once tissue tension barrier is identified instruct the client to perform an isometric contraction up to 25% of the maximum effort.
- HOLD AT FIRST RESISTANCE BARRIER FOR 20-30 SECONDS, THEN STATICALLY CONTRACT FOR 5-7 SECONDS, RELAX AND MOVE INTO NEWLY ACQUIRED ROM, REPEAT FOR 2-3 REPS...
- Note: Use your left hand to apply slight pressure against your isometric contractions.

Preparation
- In optimal posture sit on the ball or bench with a minimum of 90 degree bend at the hips and knees.

**Rotator Cuff - Functional Standing**
Reps: 2  Sets: 2  Intensity:  Duration: 15-30 sec

Movement:
- Slowly externally rotate until first resistance barrier
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps .

Preparation
- Stand “tall” with abs drawn in and glutes tight.
- Begin with arms abducted and elbows flexed, such as in a bench press.
<table>
<thead>
<tr>
<th>Exercise</th>
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<td>Sternocleidomastoid</td>
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<td>- Draw your belly button inward .</td>
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<td>- Progress by rotating upward toward the ceiling until a slight stretch is felt on the right side</td>
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<td>- Note: Your left hand can be used to apply slight pressure to assist lateral flexion/rotation.</td>
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<td>- Hold for 20-30 seconds, repeat for 2-3 reps.</td>
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<td>- Start in optimal posture and place right arm behind body while depressing shoulder.</td>
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<td>- Hold stretch position for 20 seconds and then repeat directions on opposite side.</td>
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<td>- Stretch by moving the arms out to the side externally rotated</td>
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<td>- This stretch is for the anterior muscles, including the pec major and minor, anterior deltoids, and subscapularis.</td>
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<td>- Stand with feet shoulder width apart in proper alignment.</td>
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Lat - Kneeling
Reps: Sets: 2 Intensity:
Tempo: Rest: Duration: 15-30 sec

Movement:
- With one arm at a time, reach out, turn palm up (externally rotate the shoulder), push the low back up (lumbar flexion).
- When first resistance barrier is felt, hold for 20-30 seconds.
- Repeat for 2-3 reps.

Preparation
- Position client in kneeling position as pictured.

Hip Flexor - Kneeling
Reps: Sets: 2 Intensity:
Tempo: Rest: Duration: 15-30 sec

Movement:
- Draw your belly button inward (activating the deep abdominal stabilizing mechanism).
- Tighten glutes and perform a posterior pelvic tilt.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Avoid arching low back!
- Do not pull the foot backward.
- Motion occurs predominately at the pelvis (posterior pelvic tilt), the back leg should not move.

Preparation
- Kneel as pictured.
- Slightly Abduct and internally rotate the back leg.

Quadriceps - Prone Static (Assisted)
Reps: Sets: 2 Intensity:
Tempo: Rest: Duration: 15-30 sec

Movement:
- Gently flex knee back to first resistance barrier, keeping the hand firmly pressed into the sacrum to prevent the butt from popping up (hip flexion).
- Hold for 20-30 seconds, repeat 3-4reps.

Preparation
- Have client lye as pictured, place hands on ankle and sacrum.
- NOTE: This may be contraindicated for those with LBP (low back pain)!

Levator Scapula - Seated Static
Reps: Sets: 2 Intensity:
Tempo: Rest: Duration: 15-30 sec

Movement:
- Slowly, rotate your head to the left until a barrier (tension) is felt
- Place the back of your left hand on the side of your forehead.
- Inhale and rotate into your left hand for 5 seconds (isometric right rotation).
- Exhale and slowly move farther into the stretch (rotating left). You can use your left hand to assist the range of motion – but be careful! Stretching should never produce pain!
- Repeat 3-5 times.
- Repeat on the opposite side.
- Do not strain. Stretching is relaxation.
- You may need to “play” with different head positions to find the place of tension.

Preparation
- Seated, place your right hand behind your body between your shoulder blades.

Back Relaxation
Reps: Sets: 2 Intensity:
Tempo: Rest: Duration: 15-30 sec

Movement:
- Just relax!
- Start by lying and relaxing five to ten minutes a day. Progress time as necessary.
- Be sure your not stressing any part of your body. The goal is to allow gravity to stretch soft tissues, which helps restore optimum spinal mobility.
- A great tool for those who sit all day!

Preparation
- Place a stability ball on a flat inflexible surface (note: this can also be done with a six-inch round, three-foot long foam roller).
- Lie supine on the ball with your knees bent and feet flat on the floor.
**Calf - Bent Knee Contract Relax Supine With Rope**

Reps: Sets: 2
Tempo: Rest: Duration: 15-30 sec

Movement:
- Place rope over ball of foot.
- Take a deep breath, with knee bent pull on rope to dorsiflex foot, as you do this breath out.
- Hold at first resistance barrier for 20-30 seconds, then statically contract for 5-7 seconds, relax and move into newly acquired ROM, repeat for 2-3 reps.

Preparation
- Lie supine with knee bent to 45 degrees.

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**Hamstring - Supine Straight Leg Active Isolated Supine With Rope**

Reps: Sets: 2
Tempo: Rest: Duration: 15-30 sec

Movement:
- Pull your foot/toes back toward your shin as far as you can control.
- Use a rope around the bottom top part of foot and slowly hold stretch for 1-2 seconds.
- Alternate between right and left.
- Do not allow foot to deviate inward/outward when pulling foot backwards.
- Perform same technique utilizing various hip positions (internal/external rotation).

Preparation
- Lie down on back with legs lying flat.

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**Adductor - Supine Straight Leg Contract Relax w/ Rope**

Reps: Sets: 2
Tempo: Rest: Duration: 15-30 sec

Movement:
- Use the rope to abduct the leg until first resistance barrier is felt, hold for 20 sec.
- Hold at first resistance barrier for 20-30 seconds, then statically contract for 5-7 seconds, relax and move into newly acquired ROM, repeat for 2-3 reps.

Preparation
- Position client as pictured with strap around the forefoot and pulling toward abduction.

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**Abductor - Straight Leg Using Table Static**

Reps: Sets: 2
Tempo: Rest: Duration: 15-30 sec

Movement:
- Adduct the leg until stretch is felt, hold for 20-30 seconds, repeat 2-3 reps.

Preparation
- Lie flat with one leg up as pictured.

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**Erector Spinae - Cross Leg**

Reps: Sets: 2
Tempo: Rest: Duration: 15-30 sec

Movement:
- Draw your belly button inward.
- Slowly use your left arm against your right crossed leg to apply pressure to the point of tension.
- Hold for 20-30 seconds, repeat for 2-3 reps.

Preparation
- Sit on ground with left straight out, and right leg bent and crossed over left.
Extended Arm Child Pose

Reps: 3-5
Sets: 2
Intensity: 
Tempo: 
Rest: 
Duration: 15-30 sec

Movement:
- Place right hand palm up (supinated) underneath left hand.
- Slowly sit back onto the heels.
- Allow the head to turn in the direction of the stretch.
- Place the pelvis into a posterior tilt.
- Hold this position for 3 to 6 breaths.
- Repeat entire movement for the opposite side.

Preparation
- Start while on hands and knees on the floor (horse stance).
- Feet should be extended in plantar flexion.
- Hands should be directly under shoulders and knees should be directly under hips.

Turtle Pose

Reps: 3-5
Sets: 2
Intensity: 
Tempo: 
Rest: 
Duration: 15-30 sec

Movement:
- Slowly sit back onto the heels.
- Lower the head to the floor.
- Place the arms along the sides of the body and place the hands, palms up, on the lower back.
- If this posture is stressful to the quadriceps, you may place a rolled up towel directly behind the knees.
- If the head will not reach the floor, you may place the hands, or fists, underneath the forehead to elevate the head.
- Hold this movement for 3 - 5 breaths.

Preparation
- Start on you hands and knees.
- Align knees directly underneath hips.
- Feet should be fully extended in plantar flexion.