

WORKOUT STRETCHES

Hold each stretch for 10-15 seconds
Do NOT Strain or Overstretch!

CHEST (pectorals)

Standing – hold onto a rigid upright at shoulder height with a bent arm. Step the corresponding leg forward and keeping the body upright lean your weight forward to stretch the pectoral muscle. To deepen the stretches turn your head to the opposite side.

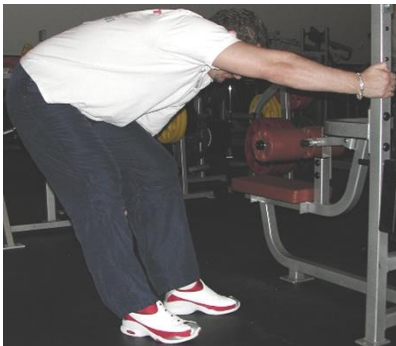
Repeat with the other arm



LATISSIMUS DORSI (outer back)

Standing – face a rigid upright with your feet level and shoulder width apart. Hold the upright at waist level and drop your bodyweight back pushing out with the buttocks and taking the upper body parallel with the floor. Bend the leg that is opposite to the holding arm, keeping the corresponding leg straight. Push back with the straight leg to rotate hip laterally and stretch down the one side of the back.

Repeat with the other arm.

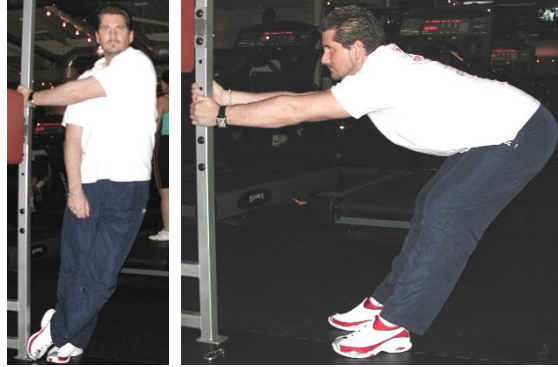


RHOMBOIDS AND MIDDLE BACK

Standing – face a solid upright and hold at chest level with both hands. Lean weight back relaxing shoulder blades out.

Standing – with upright to side of body reach arm across the front of your torso and grasp upright. Relaxing the shoulder lean out to the side away from upright to ease shoulder blade out and away from spine.

Repeat with other arm.



HAMSTRINGS (back of leg)

Standing – with feet level take a long step forward. Bend the front leg so that the knee is over the foot. Lean your bodyweight forward so that the chest is lying on top of the front thigh. Keeping your weight on the front leg slowly ease the front leg back into a straight position if possible, or as far as is comfortable.

Repeat with the other leg.



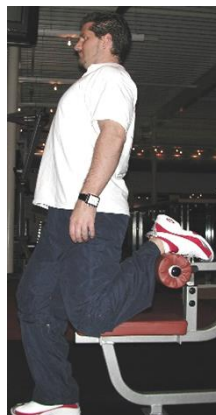
QUADRICEPS (front of leg)

Standing – Raise foot behind you up to the buttocks and hold in position. Push the hips forward to deepen stretch.

Repeat with the other leg.

Standing with equipment – with a level pad (e.g. leg extension seat pad) behind you. Raise the foot behind you and place onto the seat pad. Bend the supporting leg and hold the body upright whilst pushing your hips forward to intensify the stretch.

Repeat with the other leg.



ADDUCTORS (inside of leg)

Standing with legs wide apart bend one leg and lean over it to the side to stretch the inside of the other leg. Repeat with the other leg.



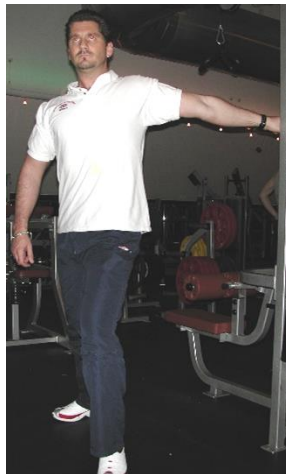
DELTOIDS AND NECK (shoulder area)

Standing – hold one arm in a locked straight position behind the back. Using the other hand reach around the back and pull locked arm across to the opposite side of the body to stretch the shoulder. Drop the head to the opposite side by pushing the ear down to the corresponding shoulder, away from the shoulder being stretched. Repeat with other arm.



BICEPS (front of arm)

As per chest stretch but with a locked straight arm. Push against a solid upright with the hand turned so that you connect with the thumb area of the fist, lean forward with the inside of the elbow. Repeat with other arm.



TRICEPS (rear of arm)

Bend one arm whilst raised overhead with the elbow pointed up. Using the other hand pull the elbow into the midline of the body towards the head.

Repeat with other arm.

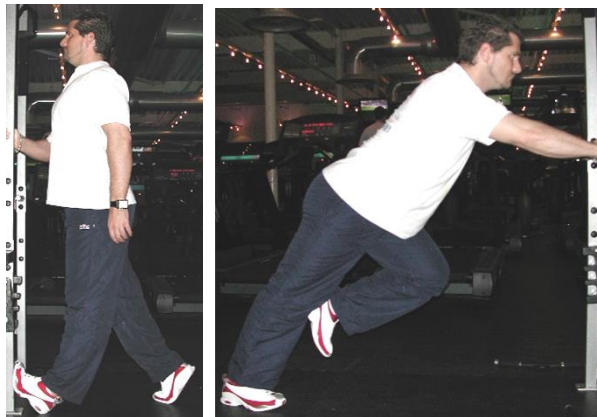


CALVES (gastrocnemius and soleus)

Standing close to wall or solid upright lie bottom of foot up against the surface so the toes point up. Lean forward into the upright/wall to lengthen calf.

Standing with one foot turned out by 45 degrees bend that leg, with the knee lining up over the second toe. Lean slightly forward to stretch the Achilles.

Repeat with the other leg.



These instructions are provided for clients of Cain Leathem that have been personally instructed on the techniques of these stretches. They are not intended for general use.