

STRETCHING GUIDE



MARINA
SANTOSfit

WHAT IS STRETCHING?

STRETCHING IS A PRACTICE THAT IS FUNDAMENTAL FOR THE WELL BEING OF YOUR BODY, PROVIDING MORE FLEXIBILITY AND RANGE OF MOTION TO YOUR MUSCLES AND JOINTS. STRETCHING HAPPENS WHEN YOU PLACE SPECIFIC BODY PARTS INTO A POSITION THAT WILL LENGTHEN THE MUSCLES AND TISSUES IN THAT SPECIFIC AREA.

LIVING A SEDENTARY LIFE OR OVERTRAINING WITHOUT PROPER STRETCHING CAUSES MUSCLES TO SHORTEN AND REDUCES MOBILITY; MAKING YOU MORE PRONE TO DEVELOPING MUSCLE AND BONE PROBLEMS, AND FACILITATING INJURIES. IT IS EXTREMELY IMPORTANT TO STRETCH REGULARLY, SPECIALLY AFTER EXERCISING REGARDLESS OF YOUR FITNESS LEVEL.



BENEFITS

PREVENT INJURY

WHEN MUSCLES ARE TIGHT AND NOT FLEXIBLE THEY ARE MORE PRONE TO INJURIES. THINK OF A RUBBER BAND THAT HAS NOT BEING USED IN A WHILE, IT BECOMES HARD AND WILL PROBABLY BREAK IF YOU TRY TO STRETCH IT. HOWEVER IF YOU USE THE RUBBER BAND FREQUENTLY, IT STAY FLEXIBLE AND IT IS LESS LIKELY TO BREAK.

INCREASE FLEXIBILITY AND RANGE OF MOTION

FLEXIBILITY TENDS TO DIMINISH AS YOU GET OLDER. STRETCHING ELONGATES YOUR MUSCLES AND RANGE OF MOTION, INCREASING YOUR FLEXIBILITY AND HELPING WITH YOUR DAY TO DAY ACTIVITIES.

IMPROVE POSTURE

STRETCHING YOUR BACK AND TORSO MUSCLES WILL HELP YOU BETTER ALIGN YOUR BACK, IMPROVING YOUR POSTURE. BAD POSTURE DUE TO TIGHT AND INFLEXIBLE MUSCLES CAN ALSO 6BE FIXED WITH DAILY STRETCHING.

REDUCE STRESS

STRETCHING HELPS MUSCLES TO NOT HOLD TENSION, WHICH WILL HELP YOU FELL LESS STRESSED. WHEN DONE CORRECTLY STRETCHING IS ALSO A VERY RELAXING EXPERIENCE, SPECIALLY WHEN FOCUSING ON DEEP BREATHS AND CLEARING YOUR MIND.

IMPROVE CIRCULATION

STRETCHING INCREASES THE BLOOD SUPPLY TO MUSCLES AND JOINTS, ALLOWING YOUR BODY TO TRANSPORT MORE NUTRIENTS AND OXYGEN TO YOUR ENTIRE BODY. HAVING GOOD CIRCULATION IS IMPORTANT BECAUSE IT HELPS YOUR BODY GET RID OF TOXINS. IT ALSO HELPS YOUR ORGANS PERFORM AND FUNCTION PROPERLY.

HOW TO STRETCH

BELOW ARE MY STRETCHING RECOMMENDATIONS:

- › ALWAYS STRETCH AFTER ANY PHYSICAL ACTIVITY.
- › YOU CAN (AND I RECOMMEND) YOU STRETCH EVERY DAY.
- › STRETCH AT EAST 3 TIMES A WEEK.
- › STRETCH FOR 10-30 MINUTES.
- › STRETCH ALL MUSCLE GROUPS.
- › STRETCH RIGHT AFTER EXERCISING, WHEN YOUR MUSCLES ARE STILL WARM.
- › WHEN STRETCHING HOLD EACH POSITION FOR 15-60 SECONDS. REPEAT AGAIN 2-4 TIMES.
- › DO NOT STRETCH MUSCLES OR AREAS THAT ARE INJURED.
- › BREATH NORMALLY. DON'T HOLD YOUR BREATH WHILE STRETCHING.
- › TRY TO RELAX WHILE STRETCHING!



ON THE NEXT 5 PAGES YOU WILL SEE MY FAVORITE STRETCHES. YOU CAN DO ALL OF THEM, OR PICK YOUR FAVORITES. MAKE SURE YOU ARE STRETCHING ALL MUSCLE GROUPS.

HIPS AND LEGS



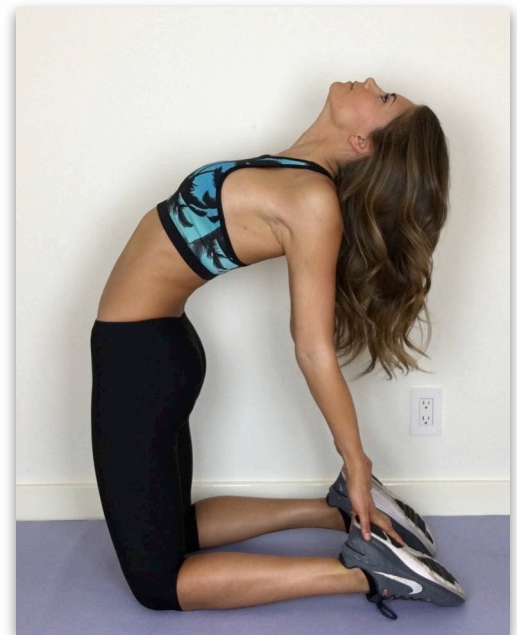
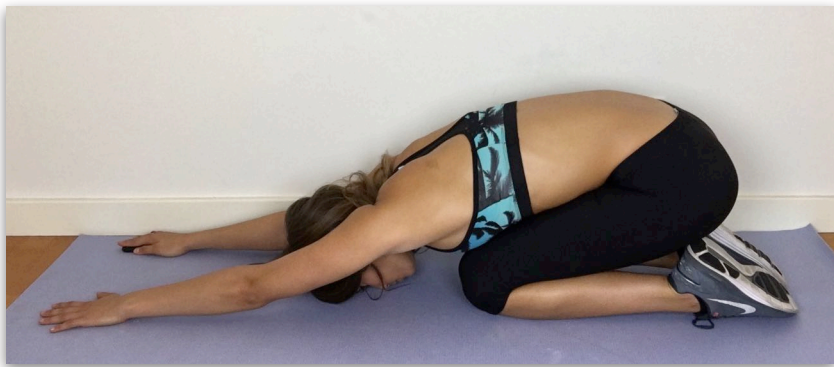
HIPS AND LEGS



HIPS AND LEGS



TORSO AND BACK



ARMS AND NECK

