

Full body stretching routine for athletes pdf

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A successful stretch program should: Involve all the major groups from head to toe: neck, shoulders, chest, trunk, lower back, hips, legs Complete each exercisetimes on each side, holding each repetition for seconds. Hold each stretch for secondsQuad stretch Stand on one leg, and pull your heel to your glutesFigure Dynamic stretches. One-Legged Bridge Posereps,seconds each/side. And the order the stretches are completed. Knowledge is the first step A well-structured full-body stretching routine considers two different factors: Coverage of all major muscle groups. The standing calf stretch is a simple but effective way to stretch out the calf muscles. Dynamic Stretching for AthletesRehabilitation Medicine: () ATHLETIC TRAINING Static Stretches Great for a cool down! To do this stretch, place your hands on a wall in front of you, with a staggered stance. To see the complete sequence, go to THE ULTIMATE FULL ODY STRET HING ROUTINE• Dive into the Fundamentals: Understand the core principles behind effective stretching. Walking lunge with twist Complete each exercisetimes on each side, holding each repetition for seconds. Hamstring stretchPlace your hands under one bent knee and stretch leg up to the ceiling; hold forseconds Under the fence. Otherwise, flexibility in one area and not another could create new issues and imbalances Calves – Standing Calf Stretch. Knee to Chest Stretch: sec/side. This routine will help you limber up for any sport and can serve as a warm-up. Supine Spinal Twistreps,seconds each/side. DayAMRAP inminutes Standing Quad Stretch: sec/side. Dynamic Stretching for AthletesRehabilitation Medicine: () Sports Medicine: () One Medical Center Drive, Lebanon, NH Backward lunges with pop up Intense Side Stretch Pose: sec/side. For muscle coverage, you want to ensure each muscle group gets adequate attention. Seated Forward Bend: sec. Performset ofrepetitions, twice a day using each leg. TIPS FOR SUCCESSFUL STRETCHING. Keep your heels on the floor Hamstring stretchPlace a rolled up towel under your knee; fully extend your leg; bend forward slightly from your hips; keep your back straight; hold forseconds. Glute Bridgereps,seconds each. Bend your front leg and straighten your back leg and lean forward. Basketball.

 Difficulté Moyen

 Durée 223 minute(s)

 Catégories Art, Électronique, Énergie, Mobilier, Science & Biologie

 Coût 721 USD (\$)

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