Post-Workout Stretches

**Please consult with your physician before starting an exercise program and ensure a 5 to 10 minute warmup before starting the exercises.*

Key Points

There are different methods of stretching that will have various impacts on your body both in the short and long term. Static stretching (holding stretches) will be very effective to create long term changes, however, may impair performance in the short term. Therefore, we want to do our static stretches after exercising and keep our pre-exercise stretches dynamic and movement oriented. Stretching frequently at the end of your workout, once your muscles are warmed up, can help increase the range of motion over time leading to less stress, better circulation, reduction in pain and better muscle recovery following exercise.

Protocol

We want to hold our stretches for a minimum of 15 seconds up to 90 seconds (This can be broken down into sets for example 3 sets of 30 seconds). Static stretching requires us to take our muscles to the end of their range of motion and hold (with no pain).

Examples

1. Chest Stretch
2. Triceps
3. Posterior Shoulder
4. Forearm + Bicep
5. Calf Muscle
6. Quadriceps
7. Lower Back
8. Hip Flexor
9. Upper Back
10. Inner Thigh
11. Hamstring
12. Trapezius

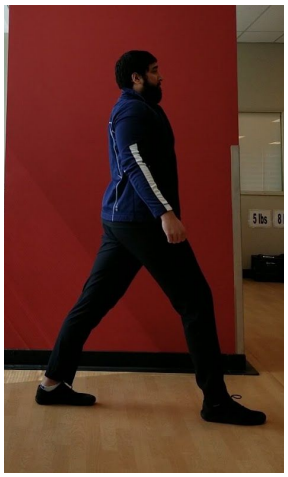
1.  

Try holding your hand at different heights for a more complete stretch. Rotate your torso away from your hand

2. 

3. 

4. 

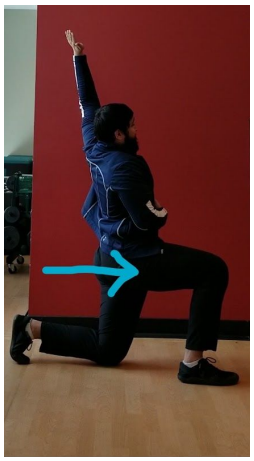
5. 

Lean forward and bend with your forward knee slightly to feel a stretch in the back leg calf

6. 

Think about driving your elevated knee towards the ground

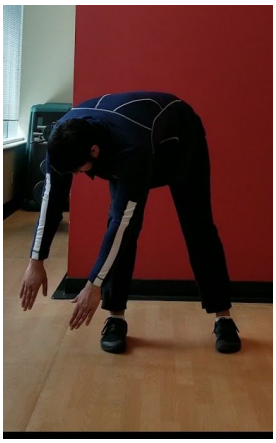
7. 

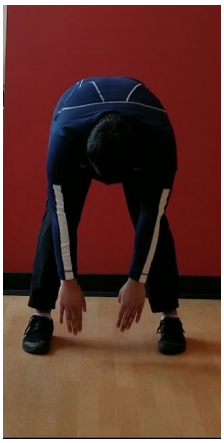
8. 

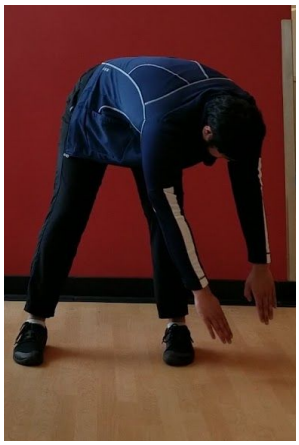
Push your hips forward and reach across your body towards your elevated knee

9. 

10. 

11. 





Start with a long hold in the middle and then hold equally on both sides

12.