

Stretching for:

OVER FIFTY

PRE-STRETCH WARM-UP

Always warm up the muscles before stretching to avoid injuries. Wear sweats during the warm-up and stretch periods.

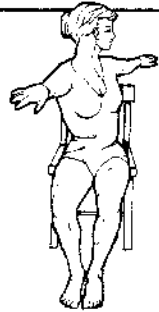
Some suggested pre-stretch warm-ups are:

- Walk for ten minutes.
- Soak in a warm tub for fifteen minutes.
- Gently rotate each arm and leg in a circular motion twenty-five times.

DIRECTIONS FOR EXERCISES

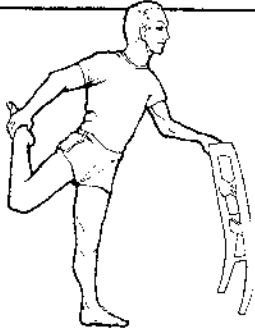
1. Do the exercises in the order shown.
2. Hold positions for 30 to 60 seconds.
3. Achieve the stretch position gently, **no bouncing or jerking!**
4. The stretch position should have a tight feeling, **never pain!**
5. Do all exercises to both sides of body.
6. Stretch before and after your sport activity. If you have time for only one, **before is the most important.**

1



From position shown with arms extended, twist the body and head until stretch is felt and hold. (**Upper body**)

2



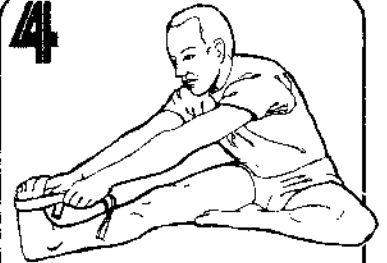
Using a chair for balance, gently pull leg until stretch is felt and hold. (**Quadriceps**)

3



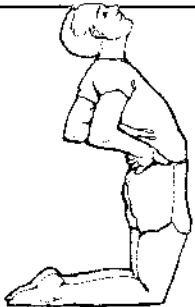
Pull knee to chest and raise the head to the knee. When stretch is felt, hold. (**Back**)

4



From position shown, using a belt or towel, pull gently until stretch is felt and hold. (**Hamstrings**)

5



From position shown, slowly lean back until stretch is felt and hold. (**Abdomen and chest**)

6



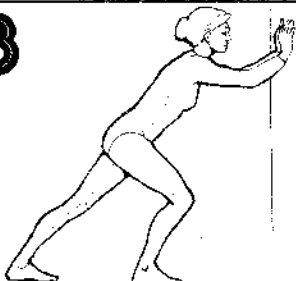
With back against a wall and feet together, push down on knees until stretch is felt and hold. (**Groin**)

7



Gently and slowly rotate head as shown. (**Neck**)

8



Leaning on wall, keep back foot flat and head up. Slowly bend arms and lower body toward wall until stretch is felt and hold. (**Lower Leg**)

9



Put elbow behind the head. Gently pull elbow toward the center of back until stretch is felt and hold. (**Shoulders**)

COMPLIMENTS OF:

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