

Stretching
for:

RUNNING-JOGGING

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:

- Jog lightly for 5 to 6 minutes, or
- Do 30 four-count jumping jacks, or
- Jump rope for 5 to 8 minutes.

DIRECTIONS FOR EXERCISES

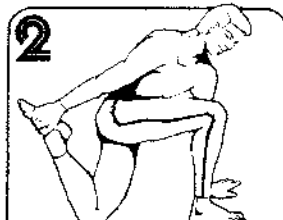
1. Do the exercises in the order shown.
2. Hold positions for 30 to 60 seconds.
3. Achieve the stretch position gently, **no bouncing or jerking!**
4. The stretch position should have a tight feeling, **never pain!**
5. Do all exercises to both sides of body.
6. Stretch before and after your sport activity.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

1



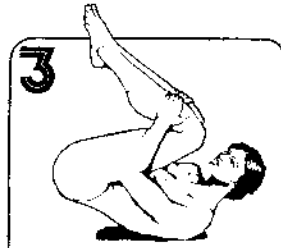
Pull knee to chest and raise the head to the knee. When stretch is felt, hold. (**Hamstrings**)

2



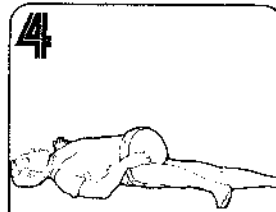
Assume the position shown by grabbing left foot with right hand. Pull the left foot towards the buttocks until stretch is felt and hold. (**Quadriceps**)

3



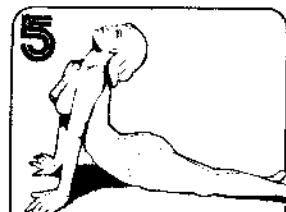
Rock gently back and forth about 8-10 times. (**Back**)

4




Keeping shoulders flat, gently pull knee to floor. When stretch is felt, hold. (**Iliotibial band**)

5



Push the upper torso back with the arms until stretch is felt and hold. Push head as far back as it will go. (**Abdomen and Chest**)

6



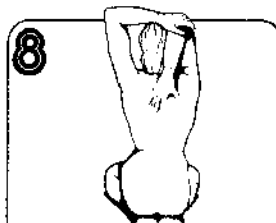
With back against a wall and feet together, push down on knees until stretch is felt and hold. (**Groin**)

7



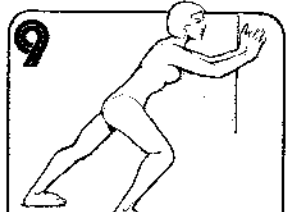
With legs together, move both legs to one side until stretch is felt and hold. (**Hip and Oblique**)

8



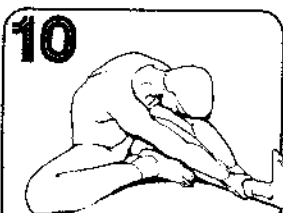
Put elbow behind the head. Gently pull elbow toward the center of back until stretch is felt and hold. (**Shoulders**)

9



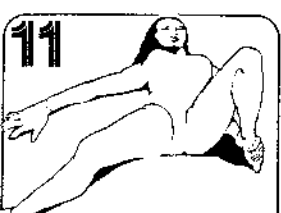
Leaning on wall, keep back foot flat and head up. Slowly bend arms and lower body toward wall until stretch is felt and hold. (**Lower Leg**)

10




From position shown, grab ankle and pull body forward until stretch is felt and hold. (**Hamstrings**)

11




Assume the position on back with knee up and leg pulled into side. Slowly lower knee until stretch is felt and hold. (**Quadriceps**)

12



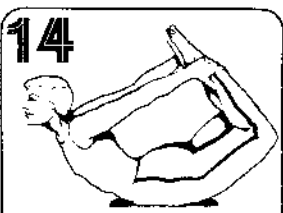
From position shown, push left knee forward with the chest until stretch is felt and hold. Keep toes of left foot even with knee of right leg. (**Lower Leg**)

13



Grab leg below the calf and pull to head until stretch is felt and hold. (**Hamstrings**)

14




Grab both feet above the ankles. Arch the back and pull the feet toward the head until stretch is felt and hold. (**Abdomen and Chest**)

15



Put bottoms of feet together, pull heels toward groin and body forward until stretch is felt and hold. (**Groin**)

16



Cross left leg over the right and bring right arm through as shown. Push on leg with arm and twist body until stretch is felt and hold. Turn head to the rear. (**Hip and Oblique**)

COMPLIMENTS OF:

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QUICK ROUTINE

Although all the exercises are recommended, you may not have the time to do the entire routine each time. The shaded exercises provide a quick routine which stretches the muscle groups important for your sport. The shaded exercises should be done in order shown.