



## HEALTH – FITNESS - WELLBEING

### Stretching 1-0-1

Static stretching after a workout, and on rest days not only improves mobility which is better for exercises and day to day life, it helps prevent injuries and promotes blood flow.

This increased blood flow assists with the recovery process.

When performing static stretches is it **VITAL** to warm the muscle a little first.

Imagine your muscle was an elastic band.

When cold, you have kept the elastic band in the freezer and it becomes brittle and is likely to snap.

Keep it warmer and all of a sudden the elasticity is your friend.

To help warm up for static stretching and for workouts, mobile stretching or Dynamic stretching is favoured. These stretches involve gradually moving joints through their range of motion, and as the muscle warms, the range of motion increases.

This document will show you some dynamic movements to start with to get the joints mobile for exercise or static stretching, and then will go on to detail some general static stretches to assist in keeping mobile for your fitness and strength journey.

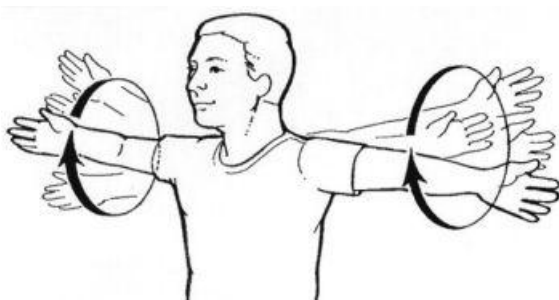


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### **Dynamic Stretches – To complete as a warm up for exercise and prior to static stretching.**

- Do not force the movement – allow it to develop
- Control your body – do not just swing limbs around
- Be aware of your surroundings – People and static objects are not good to strike
- Perform between 20 to 30 repetitions gradually increasing the range of motion
- If you feel that you need to repeat the process listen to your body and repeat the stretch
- If you feel any impingement that is not going away with the warm up and motion, cease the stretch and seek medical advice to prevent injury.

### **Dynamic Shoulder Girdle Stretches –** Releasing the Pecs, Delts and Upper back

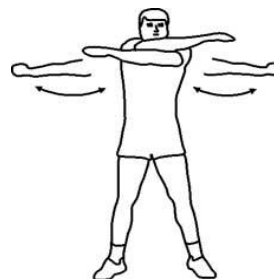


#### **Shoulder rotations**

Gradually increase the size of the circle until you are rotating your arms in full circles

#### **Hug to swing**

Gradually increase the force you do this, start slowly  
And build up to quicker swings



#### **Shoulder dislocations (Advanced version shown)**

Use a band for the basic version, or a broom handle or bar for a more advanced version. You may or may not be able to make the full rotation. If you cannot, it is not a problem, flexibility takes time.





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**Dynamic Midsection Stretches** – To release the lower back, abdominals and as a precursor to the hips



### **Side Bend**

Gradually increase the range of the bend feeling the sides of the midsection warm up

### **Abdominal Stretch**

Push your torso up gradually, pause for a one count  
And then relax back down to the ground.  
For this particular stretch 10 repetitions is sufficient.



### **Lunge twist**

Lunge forward, placing the hand opposite your front leg on the ground for support.  
Flare your other arm back and around gradually twisting at the waist. Do not force the movement as it is particularly tough.  
5 repetitions is sufficient for this movement.



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### Dynamic Hip and Leg Stretches – To release the hips and thighs



#### Leg Swings

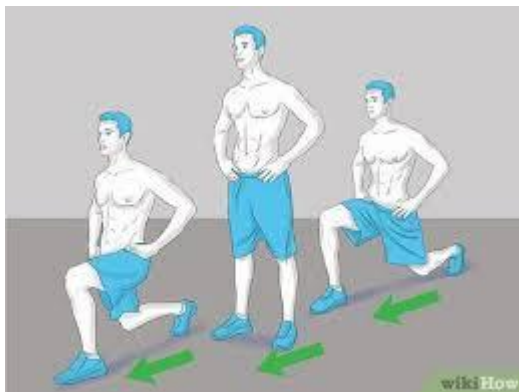
Gradually increase the range of motion.

Perform 10 repetitions then switch sides, you may use support if required.

Switch back until 20 repetitions per side are completed

#### Side Swings

As per leg swings perform the same operation Side to side.



#### Side Lunge

As per Lunge.

#### Lunge

Try to gradually increase the range of motion.

5 to 10 repetitions per leg is sufficient as a dynamic warm up.





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### **Static Stretching**

- Only to be performed after training, or where the joint will not be required to activate following the stretch (such as a pec minor stretch as a precursor to squatting, the shoulder will be static so this example would be fine, and in many cases beneficial to maintain position)
- Loosly falling into two main categories – Shoulder girdle and upper back, and the hips and legs
- Hold the stretch position at the point where you feel it pull strongly, but not unbearably
- Breathe! Keep steady slow breaths as the stretch takes hold
- Push gently into the stretch as you breath to increase the range of motion
- Hold the stretched position for a minimum of 20 seconds, preferably 30-40 time permitting
- Repeat the stretch on alternate sides for a minimum of 3 rounds. You should notice a distinctly increased range of motion during the last set compared to the first.
- For best results stretching three times per day during recovery is optimal – however working life often presents this so it is perfectly fine to separate stretches and perform as often as possible across the week.
- Nobody likes stretching, it is boring. But lifting bigger weights, dropping more fat and spending less time and effort for more results is exciting, and they do assist with this.

**Static  
Stretching  
Sucks**





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**Static Shoulder Girdle/Pec Stretches** – To release Delts, Pecs, Pec Minor and Upper Back



### **Doorframe Stretch**

Primary – Pec Minor

Secondary – Pec Major, Rotator Cuffs, Traps  
Allow your bodyweight to fall forward causing the stretch.

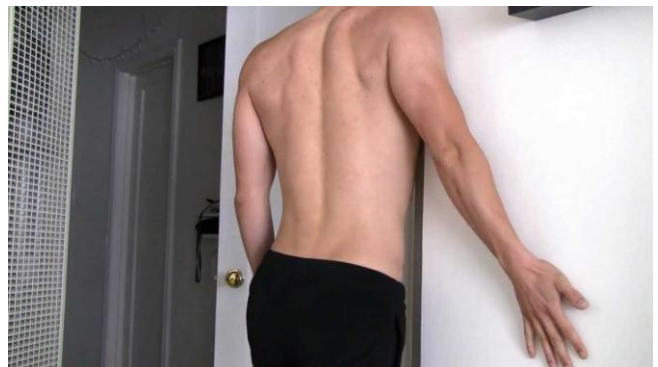
Step through with your legs for more resistance and a deeper stretch.

### **Lower Doorframe Stretch**

Primary – Pec Minor

Secondary – Pec Major, Rotator Cuffs, Traps  
Allow your bodyweight to fall forward causing the stretch.

Step through with your legs for more resistance and a deeper stretch.



### **Chest/Delt Stretch**

Primary – Pec Major

Secondary – Pec Minor, Anterior Deltoid  
After clasping your hands, try to raise your sternum and push your elbows towards each other behind your back.

Physical size will have a huge effect on how close to the picture you can get.



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### **Thoracic/Trap Stretch**

Primary – Pec Minor, Thorax, Trapezius

Secondary – Pec Major, Deltoids

This stretch is ideal for overhead pressing

Allow your body to sink down while holding a light bar or broom handle.

Push your chest down further while your elbows remain on the bench for a greater stretch.



### **Lat Stretch**

Primary – Lats, Biceps

Secondary – Rhomboid, Rear Delts, Pec Major

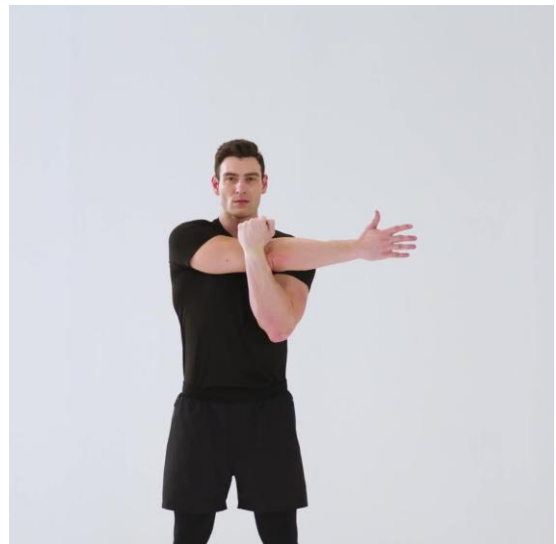
Allow your weight to drop backwards, push with your legs for greater resistance

### **Rear Delt and Triceps Stretch**

Primary – Rear Delts, Triceps

Secondary – Traps, Upper Back

Pull with the opposite arm to create more tension



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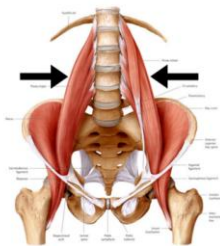
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### Hip Flexors and Leg Stretches



#### psoas

[ a muscle that goes from the spine around the bottom of the rib cage and runs down to the thigh bone ]



#### Psoas Stretch

Primary – Psoas (Hip Flexor)

Secondary – Hamstrings, Adductors

To increase difficulty of this movement, push your hips forward and draw your shoulders backwards so your torso is in an upright position.

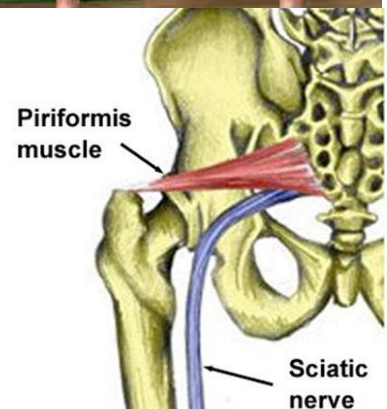
### Piriformis & Glute Stretch

Primary – Piriformis, Glute Medius

Secondary – Abductor, Glute Maximus

The seated version is generally easier to perform.

The floor version allows the opposite leg to generate resistance.







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### **Hamstring Stretch**

Primary – Hamstrings, Lower Back

Secondary – Glute Maximus

To increase difficulty draw back the toe  
Reach for the toe and pull your upper body  
down towards your straight leg.

### **Lying Quad Stretch**

Primary – Quad Stretch

Secondary – Front of shin stretch

To increase difficulty push the hips further  
Forward.



### **Calf Stretch**

Primary – Gastrocnemius (main bulk of calf)

Secondary – Soleus (underneath main calf)

The longer the stride the more stretch there  
will be down the calf and Achilles.



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**Squat Stretch** – Do not attempt to perform until the hip flexors are warm.

Primary – Multiple

This movement uses a barbell or log to counterbalance your weight, allowing you to sit your hips back and down close to your heel. Deeper than when you squat normally.

Push your knees as far forward as possible by pushing your hips and lower back forward to your heels. A partner can help you with this but the barbell version is perfectly adequate.

Once you have sat at the bottom for 30 seconds, allow your weight to rock slightly on your feet to allow some flex to your ankle to assist in warming that area.