PART IV

ILLUSTRATED INSTRUCTIONS FOR 311 STRETCHES

The 311 illustrated stretches that follow are arranged by the muscle group or joints to be stretched. As in part III, I have focused on 12 major categories of muscles and joints, including feet and ankles, lower legs, hamstrings, adductors, quadriceps, hips and gluteals, lower torso, upper back, neck, pectorals, shoulders, and arms and wrists. Within these groups I have organized the stretches by their relative difficulty or risk of injury (least difficult and least risky stretches first). The level of difficulty and risk has been determined by the height of the athlete's center of gravity (COG), the use of a partner, and the use of weights or other mechanical aids during the stretch.

In general, a higher COG during a stretch makes it more difficult to maintain balance or support the body, and there is a greater possibility of injury from a fall. Partner stretching can increase the risk of injury because of the partner's potential to provide excessive resistance, resulting in potential sprains and strains. Using weights or other mechanical aids when stretching can also increase the risk of sprains and strains.

Employ a variety of stretches to facilitate developing optimal flexibility and reduce the risk of injury. Always warm up for at least 10 minutes prior to stretching to increase body temperature. The warm-up should be intense enough to induce sweating but not so intense as to cause fatigue. Follow the warm-up with slow static stretches held for 10 to 30 seconds each. Hold the stretch to the point of tension but not pain. Exhale during the stretch to facilitate relaxation during stretching.

Advanced and conditioned athletes may find dynamic, active, or PNF stretching strategies more effective for their needs. Perform dynamic stretches in series, gradually increasing the size of the movements and number of repetitions (up to 8 to 12). Active stretching may be either free active or resistive (manual or mechanical). With active-assisted stretching, the range of motion is completed by a partner or device (inner tube or towel) when one reaches his or her limit of flexibility. PNF techniques include the contract-relax (CR) and contract-relax-agonist-contract (CRAC) methods. CR requires a 6- to 15-second isometric contraction of the muscle(s) to be stretched in a lengthened position. After a brief relaxation, the muscles are further stretched. CRAC is similar to CR except the relaxation phase is followed by an active contraction of the agonist. This text recommends less than maximal isometric contractions to reduce the risk of injury and soreness (see part I for additional details).

Be aware that several of the following stretches may be dangerous for the average person and for an advanced athlete recovering from an injury. These advanced stretches are incorporated specifically for individuals involved in such disciplines as dance, gymnastics, the martial arts, wrestling, and yoga, and they are marked with a cautionary note. Athletes who lack adequate expertise and knowledge should seek out a certified, experienced instructor or trainer. Furthermore, take special care when performing stretches in which the direction of the force is accentuated by a partner. Always communicate with your partner to let him or her know if he or she is stretching you too much and needs to back down. At no time should you compromise your joints' integrity.

Finally, the instructions for the following stretches are written for one side of the body only. Where appropriate, repeat the stretch on the other side. Also watch for caution symbols (see below) accompanying any of the following stretches for special safety instructions.

Before starting any exercise program, have a thorough medical examination. Be examined at regular intervals throughout the program, or any time irregular conditions such as dizziness, pain in the chest, or other symptoms appear. Here are some additional guidelines to follow before beginning a stretching program:

- Identify specific and realistic flexibility goals.
- Do not stretch for approximately 30 minutes after eating.
- Empty your bladder and bowels before stretching.
- Wear loose and comfortable clothing.
- Remove all jewelry.
- Discard all candy and gum.
- Select a clean and quiet place to stretch.
- Work on a nonskid surface—preferably a firm mat.
- Make sure safety comes first. Everyone must be involved in the prevention of injuries.

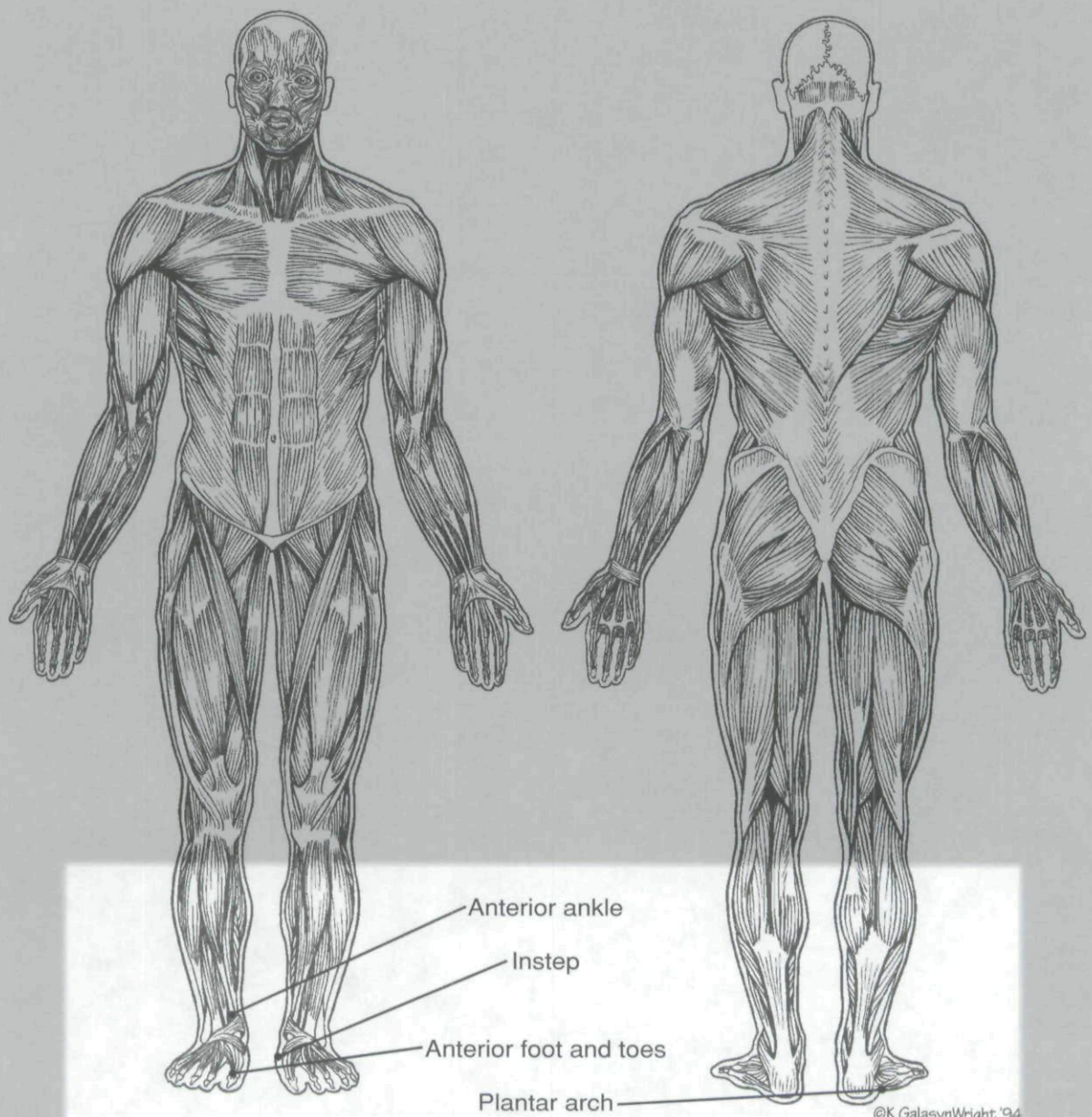


Stretches marked with this symbol may be dangerous.

STRETCHING GUIDELINES

- Warm up prior to stretching.
- Develop a positive mental attitude.
- Isolate the muscle group to be stretched.
- Move slowly and smoothly into the stretch to avoid initiation of the stretch reflex.
- Use proper mechanics and strive for correct alignment.
- Breathe normally and freely, but accentuate exhalation when moving deeper into a stretch.
- Hold a stretch (usually about 10 to 30 seconds) and relax. Do not strain or passively force a joint beyond its normal range of motion.
- Incorporate a progressive velocity flexibility strategy if using dynamic stretches (static > SSER > SFR > FSER > FFR).
- Concentrate and communicate when stretching with a partner.
- Come out of each stretch as carefully as you went into it.

FEET AND ANKLES



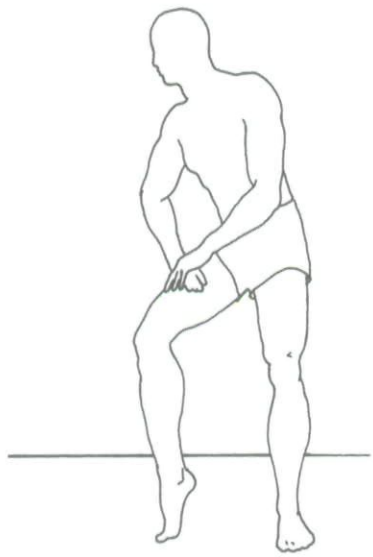
PLANTAR ARCH (SOLE OF FOOT)

1



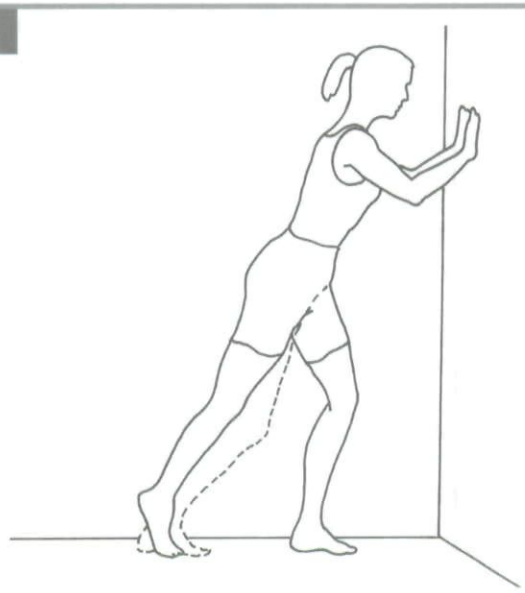
- With one leg crossed over the opposite knee, grasp your ankle with one hand and the underside of your toes and the ball of your foot with your other hand.
- Exhale and pull your toes toward your shins.

2



- Stand with one leg slightly in front of the other.
- Exhale, shift your weight onto the ball of your forward foot, and slowly press downward.

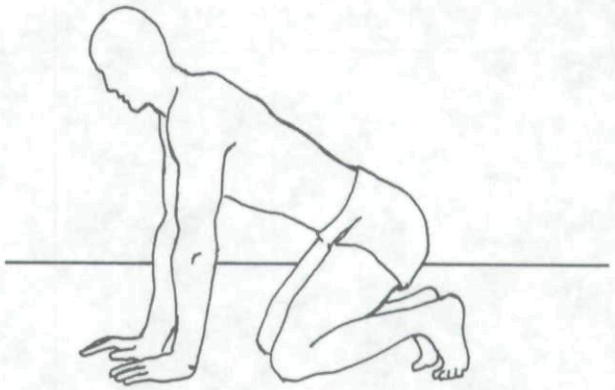
3



- Standing two to three steps from a wall, bend one leg forward and keep the other leg straight.
- Lean against the wall, keeping your rear foot flat and parallel to your hips.
- Exhale, raise your rear heel off the floor, shift your weight onto the ball of your rear foot, and press downward.

4

- Kneel on all fours with your toes underneath you.
- Exhale and lower your buttocks backward and downward.



ANTERIOR FOOT AND TOES

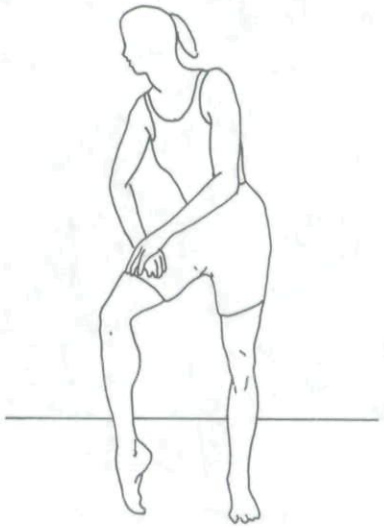
5

- Sit with one leg crossed over the opposite knee. Grasp your leg above the ankle with one hand and the top of your foot with your other hand.
- Exhale and pull the bottom of your toes toward the ball of your foot.



6

- Standing with one leg slightly in front of the other, turn your forward foot under so the top of your toes contacts the floor.
- Exhale, shift your weight forward, and press your toes downward.



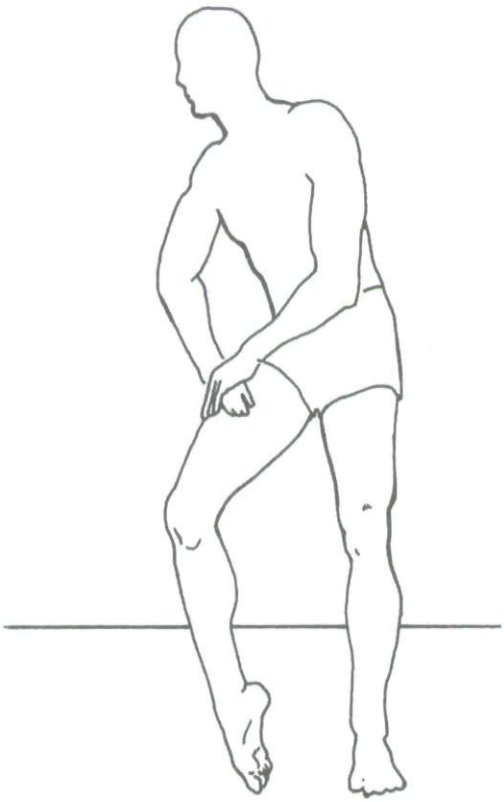
ANTERIOR ANKLE AND INSTEP

7



- Sit with one leg crossed over the opposite knee. Grasp your leg above the ankle with one hand and the top of your foot with your other hand.
- Exhale and pull the sole of your foot toward your body.

8



- Standing with one leg in front of the other, turn your forward foot under so the top rests on the floor.
- Exhale, shift your weight forward, and extend the ankle joint.

9

- Kneel with your shins and instep elevated by a cushion or folded mat and your toes pointing backward.
- Exhale and sit on the top of your heels (if you can).



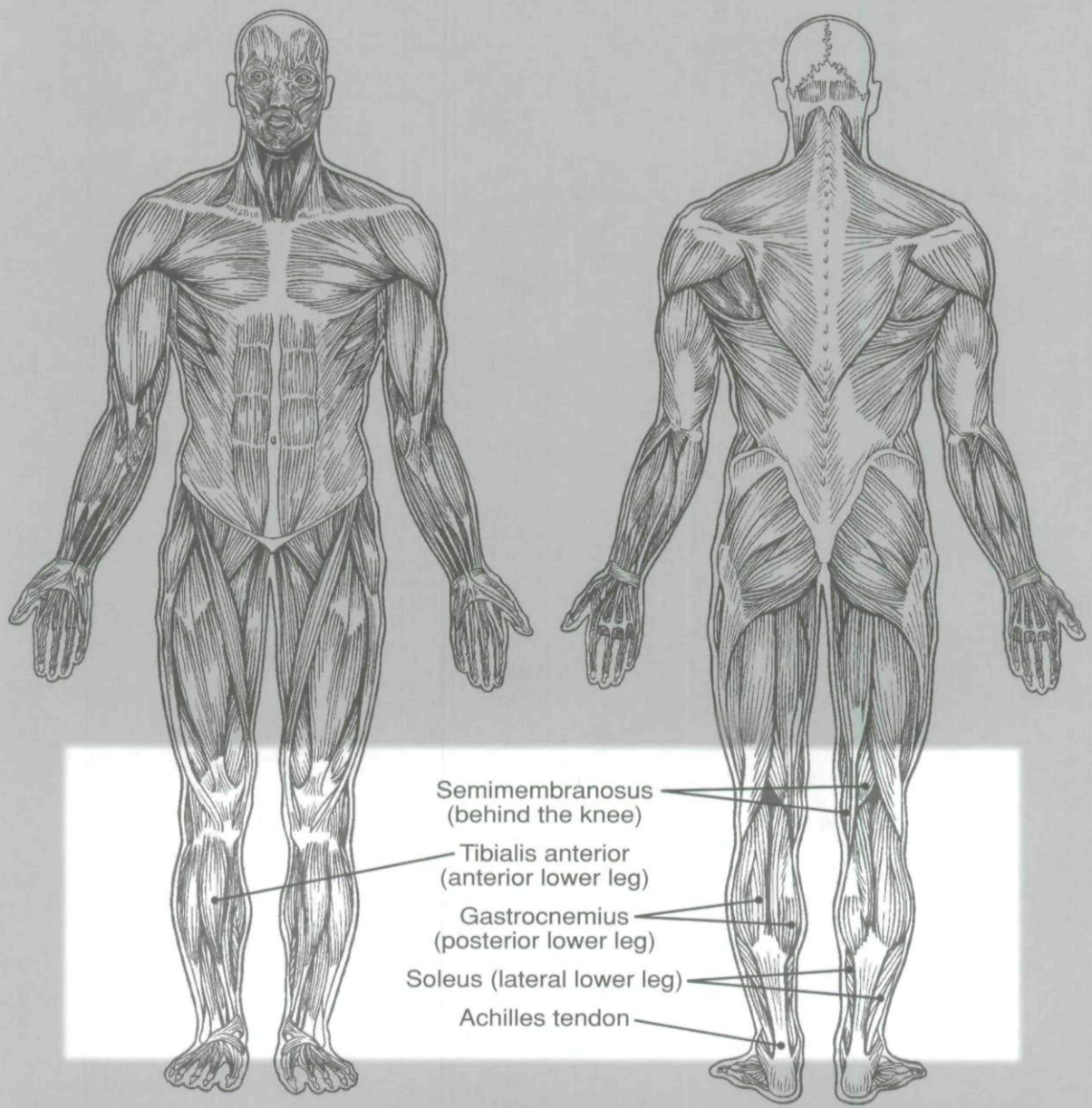
Be sure your buttocks sit on top of your heels and not between your feet. The latter position is called *W sitting* and is bad for the knees. Do not do this stretch if you have knee problems.

10

- Sit with one leg crossed over the opposite knee. Grasp your leg above the ankle with one hand and the top outside of your foot with the other hand.
- Exhale and slowly invert your ankle (turn your ankle upward).



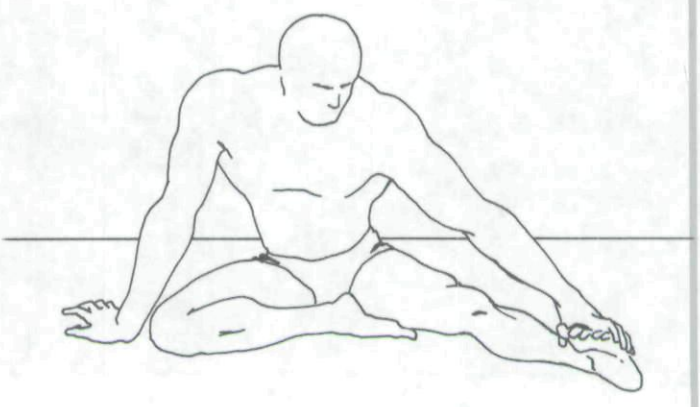
LOWER LEGS


Semimembranosus
(behind the knee)
Tibialis anterior
(anterior lower leg)
Gastrocnemius
(posterior lower leg)
Soleus (lateral lower leg)
Achilles tendon
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11

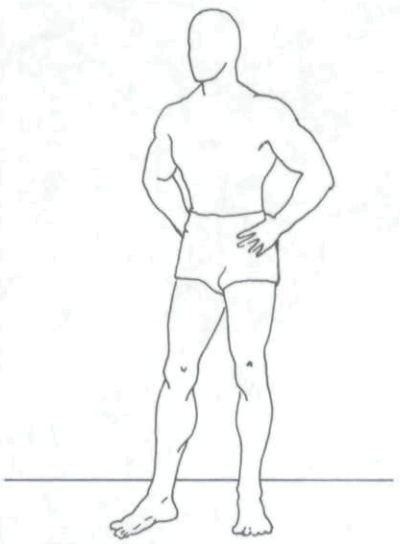
- Sit on the floor and flex one knee so that the heel touches the inner side of the opposite thigh.
- Press the outer thigh and calf of the bent leg onto the floor.
- Exhale, keep the extended leg straight, bend at the hips to grasp your foot, and slowly invert your ankle (turn your ankle upward).

NOTE If you are unable to reach your foot, wrap a folded towel around your foot and grasp the ends of it.



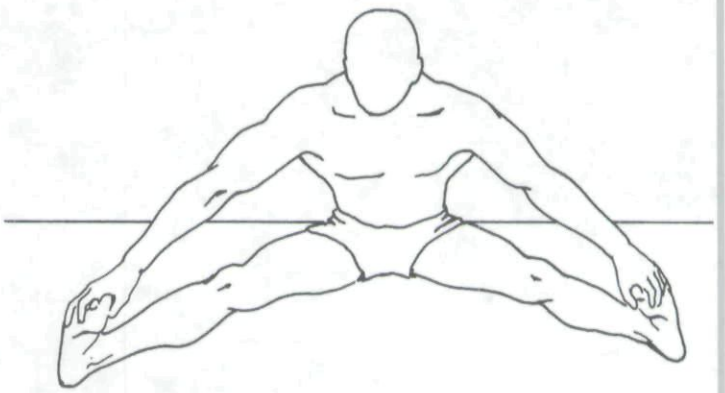
12

- Stand with one or both hands on your hips, using a wall for balance, if necessary.
- Turn one foot under so that the top outside portion rests on the floor.
- Exhale and slowly invert your ankle (turn your ankle upward) and press your foot downward.

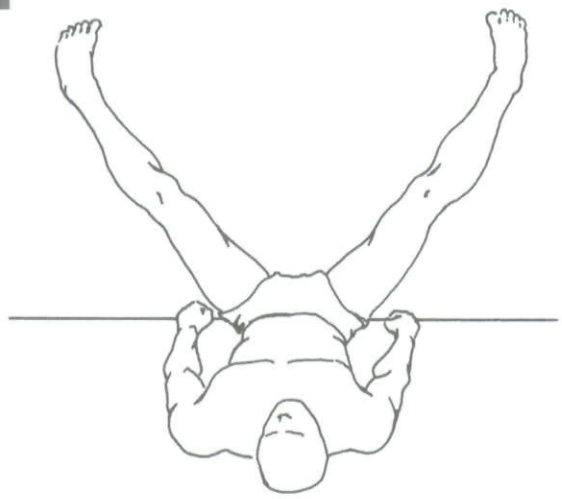


13

- Sit on the floor with both legs spread. Exhale, bend forward at the hips, and grasp both feet.
- Exhale and slowly invert both ankles (turn both ankles upward).

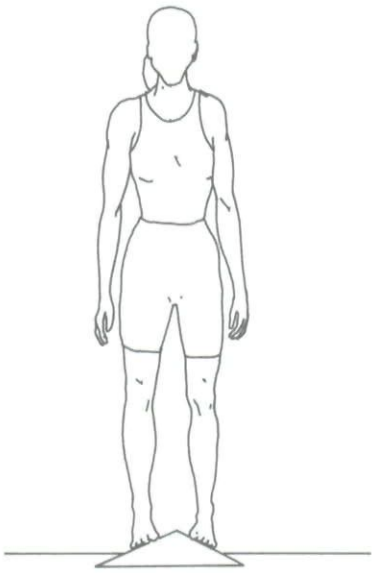


14



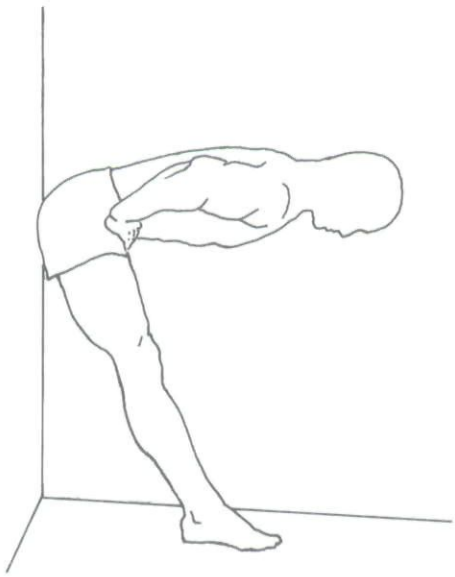
- Lie on your back with your buttocks against a wall and both legs raised and spread.
- Exhale and slowly invert both ankles (turn the outside of both ankles upward).

15



- Stand on an incline board cut at a 45-degree angle.
- Feel the stretch in the anterior and lateral lower leg.

16



- With your back against a wall and your hands on your hips, slide your feet away from the wall, turn your toes inward, and invert the ankles.
- Exhale and flex forward at the hips; return to the starting position.

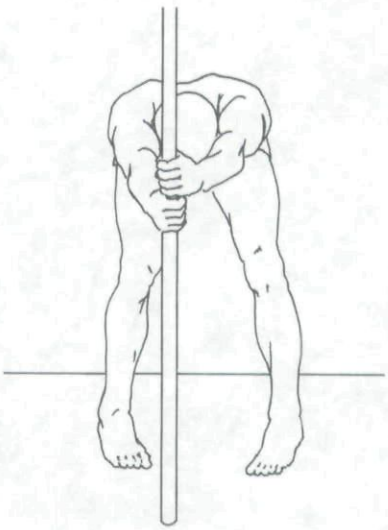


If you have a "bad back," at the end of the stretch, round your upper torso rather than lifting up with an arched back.

17

- Standing two steps from a pillar, grasp the pillar with both hands, spread your feet (hip-width), and point your toes inward.
- Exhale, flex at the hips, and shift your hips backward, forming a 45-degree angle with your legs.

Bend your knees when returning to an upright position.



18

- Kneel with your toes pointing backward, exhale, and sit on top of your heels. (If this position is uncomfortable, place a blanket under your shins.)
- Grasp the top portion of your toes and pull them toward your head.

NOTE Feel the stretch along the shin (tibialis anterior). This stretch can prevent shin-splints.

Be sure your buttocks sit on top of your heels and not between your feet. Do not do this stretch if you have knee problems.

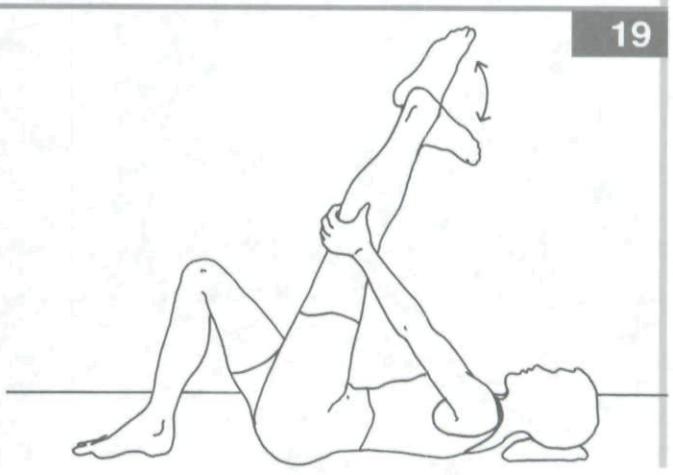


ACHILLES TENDON AND POSTERIOR LOWER LEG

19

- Lying on your back, flex one leg and slide the foot toward your buttocks.
- Raise the opposite leg toward your face, grasp behind the knee, and slowly dorsiflex the foot toward your face.

NOTE If you have back problems, after the stretch, flex the extended leg and lower it to the floor.

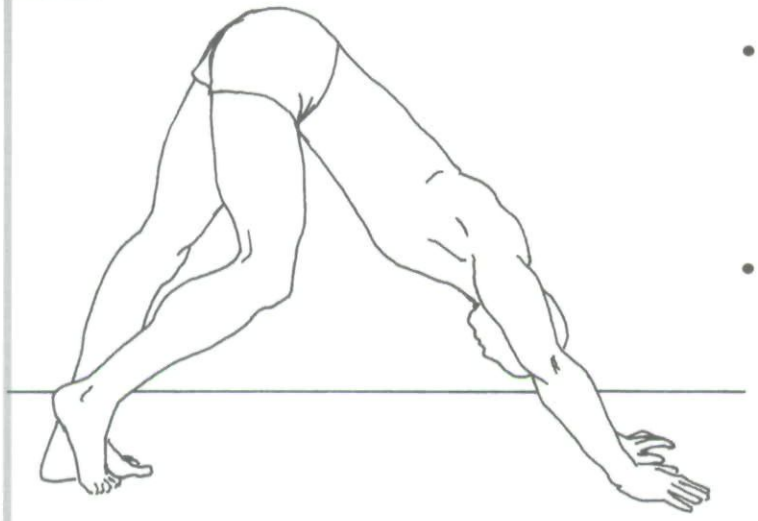


20



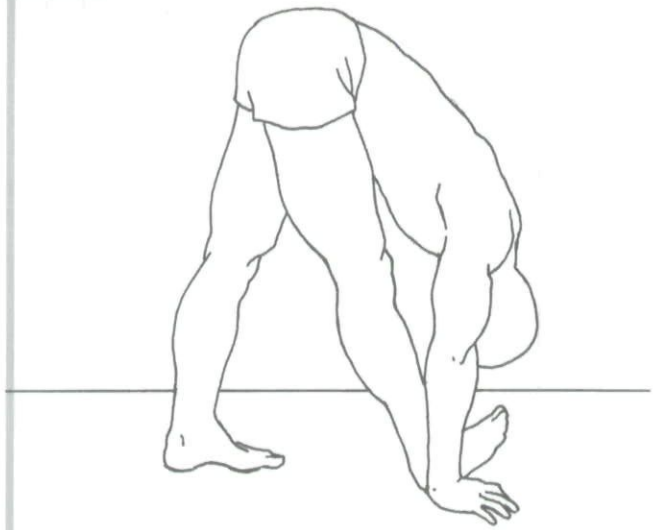
- Kneeling, shift one foot slightly forward and place it flat on the floor.
- Exhale and slowly lean your knee beyond the toes.

21



- From a push-up position, move your hands closer to your feet to raise your hips and form a triangle. This position can also be modified by resting your elbows or head on the floor.
- At the highest point of the triangle, slowly press your heels to the floor, or alternate slowly flexing one knee while keeping your opposite leg extended.

22

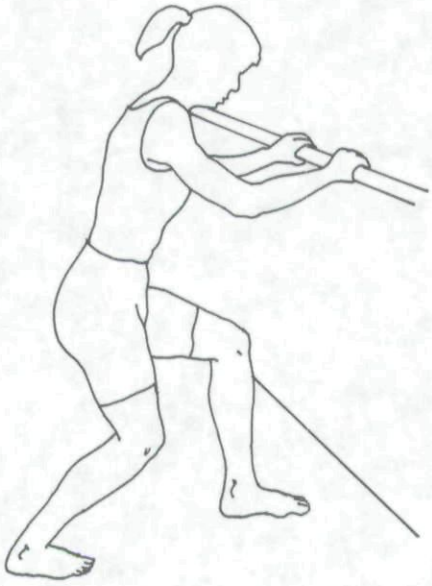


- Stand with your right heel about 12 inches (30 centimeters) in front of the toes of your left foot.
- Flex your right foot toward your shin (dorsiflexion) with the heel in contact with the floor.
- Exhale, lean forward at the hips, and try to touch your right foot with your hands and your leg with your chest while keeping both legs straight.

23

- Lean against a wall with one leg bent forward and the opposite leg straight.
- Keep your rear heel flat on the floor with the foot pointing straight ahead.
- Exhale, bend your arms and knees, sink your hips, and slowly shift your weight downward onto your rear foot.

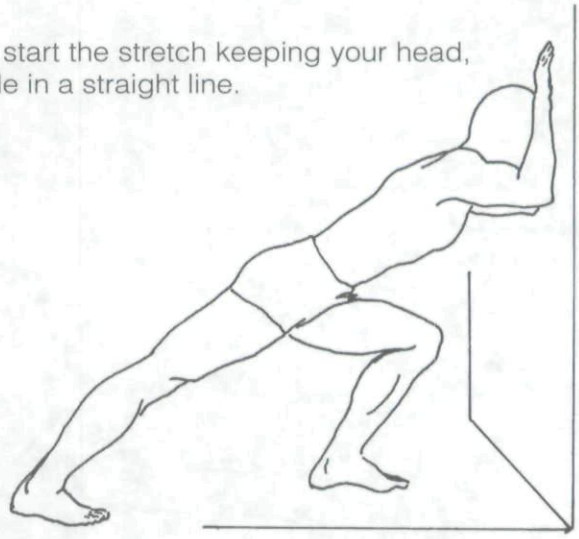
NOTE Keep your rear foot pointed straight ahead with your heel flat on the floor.



24

NOTE Remember in stretches 24 and 25 to start the stretch keeping your head, neck, spine, pelvis, rear leg, and ankle in a straight line.

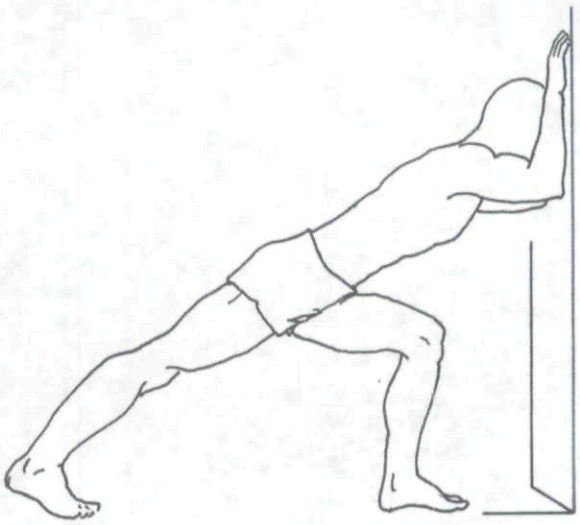
- Lean forward against a wall with one leg bent forward and the opposite leg straight.
- Keep your rear foot flat on the floor and both feet pointing straight forward. Bend your arms, lean toward the wall, and shift your weight forward.
- Exhale and flex your forward knee toward the wall.



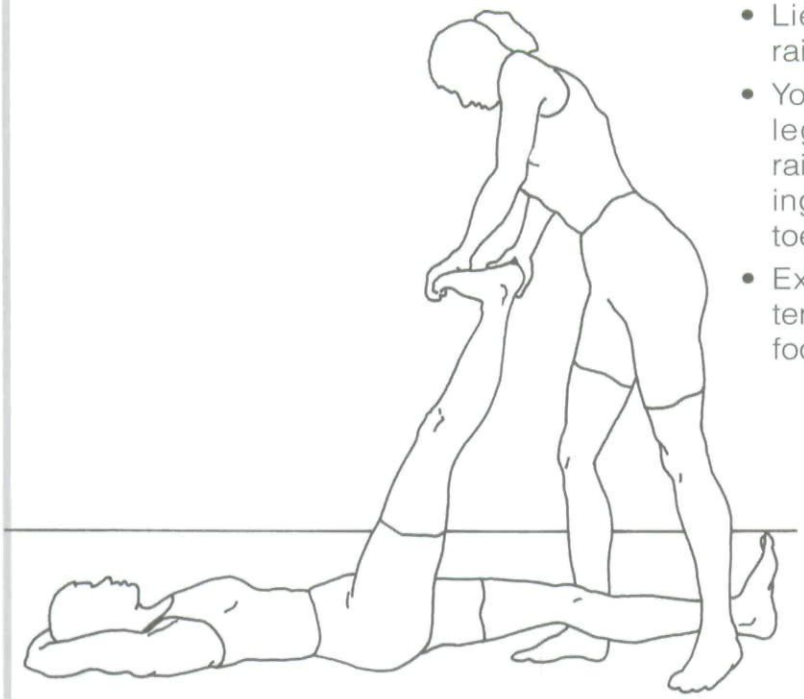
25

- Lean forward against a wall with one leg bent and the other leg straight with the heel raised.
- Exhale, bend your arms, lean toward the wall, and slowly shift your weight forward while attempting to press your rear heel to the floor.

NOTE This stretch also effectively stretches the tissues behind the knee.

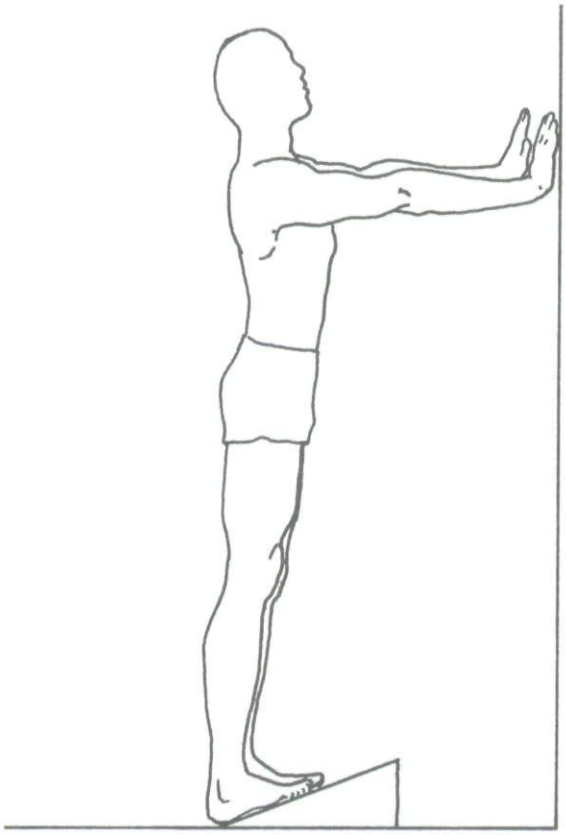


26



- Lie on your back with one leg raised.
- Your partner straddles your lower leg, grasping the heel of one raised foot with one hand and curling the opposite hand over the toes and ball of the foot.
- Exhale and keep your leg extended as your partner flexes your foot.

27



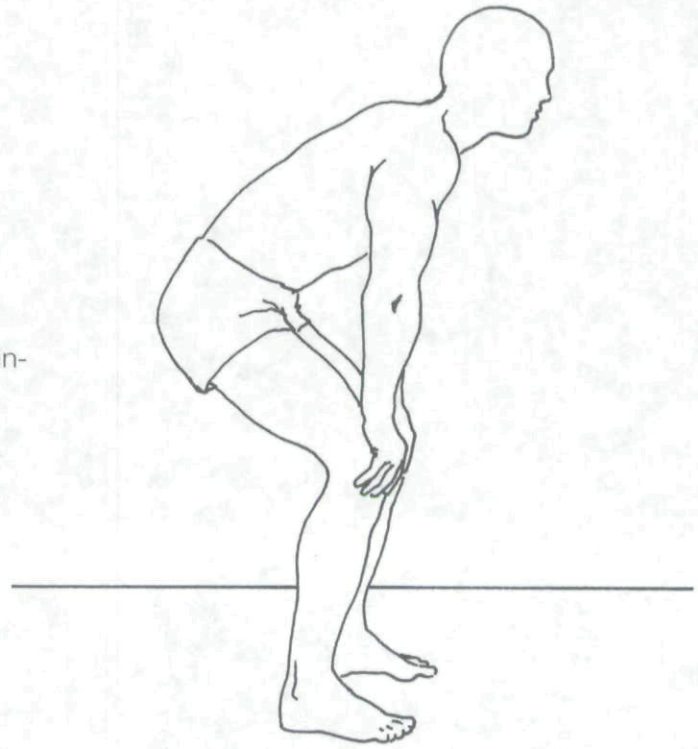
- With the high end of an incline board about an arm's length away from and facing a wall, stand on the board with your hands flat against the wall and lean forward.

NOTE You should feel this stretch in your calves, Achilles tendons, and behind your knees.

28

- Stand with your hands on your hips or knees.
- Keep your heels on the floor and parallel to one another.
- Exhale, flex your knees, sink your hips, and slowly shift your weight downward while keeping both feet flat on the floor.

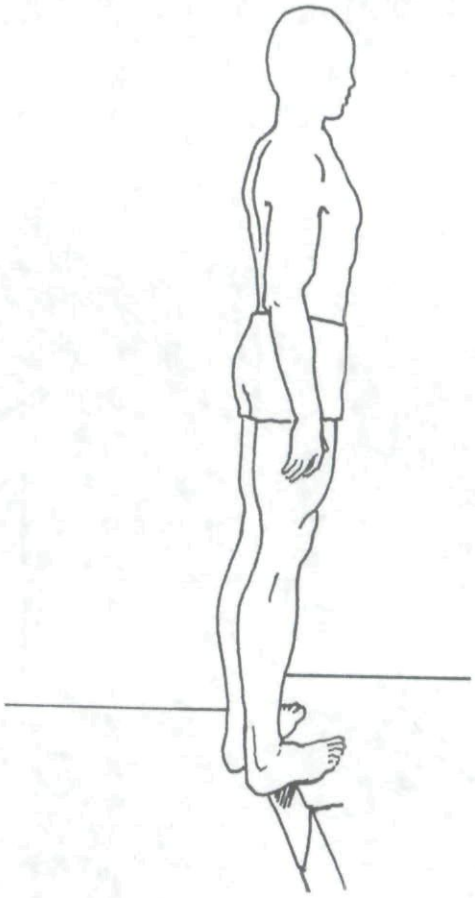
NOTE This is an important stretch for those involved in racquet sports.



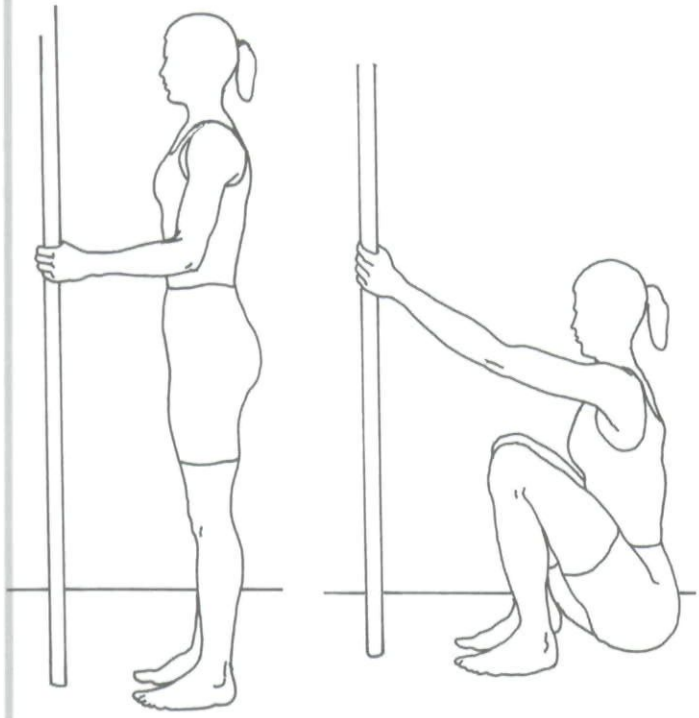
29

- Stand with the balls of your feet balanced on an edge or step.
- Exhale and lower your heels to the floor.

NOTE If necessary, place one hand against a wall for balance and support.



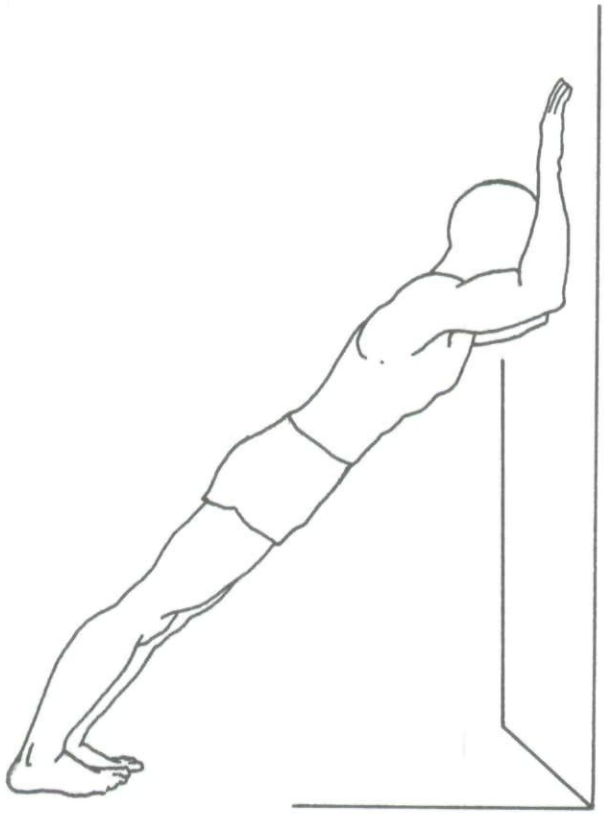
30



- Holding onto a pole for support, stand with your feet parallel and about 12 inches (30 centimeters) apart.
- Exhale and lean backward, keeping your heels on the floor and your knees behind your toes.
- Squat as low as you can. Exhale while returning to the starting position.

NOTE This stretch may also be felt in tight adductors and quadriceps.

31

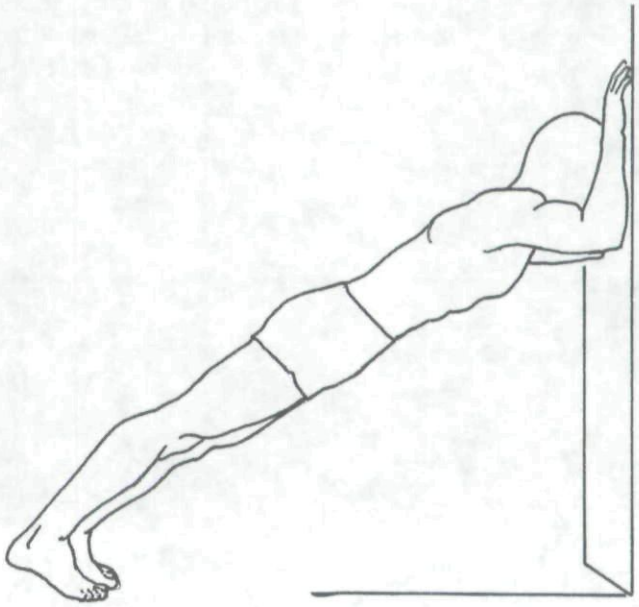


- Lean against a wall, keeping your head, neck, spine, pelvis, legs, and ankles in a straight line.
- Keep your feet flat on the floor and pointing straight ahead.
- Exhale, bend your arms, lean toward the wall, and shift your weight forward.

32

- Lean against a wall, keeping your head, neck, spine, pelvis, legs, and ankles in a straight line.
- Keep your heels raised and your feet together and pointing straight ahead.
- Exhale, bend your arms, and shift your weight toward the wall while you attempt to press your heels to the floor.

NOTE You should feel this stretch in your calves, Achilles tendons, and behind your knees.

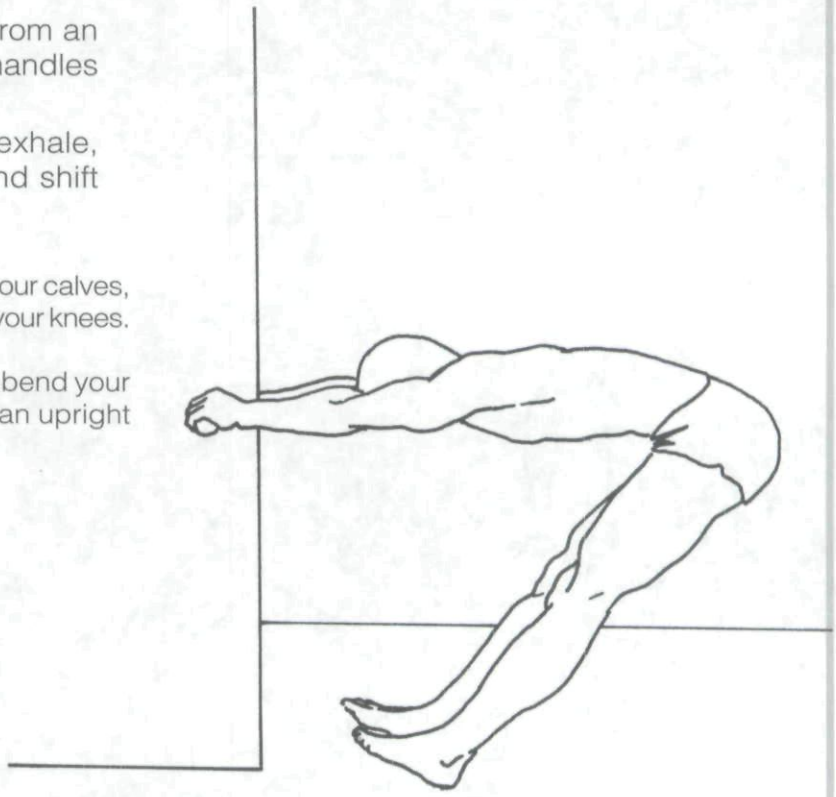


33

- Standing an arm's length from an open door, grasp the door handles with both hands.
- Balancing on your heels, exhale, keep both legs straight, and shift your hips backward.

NOTE You should feel this stretch in your calves, Achilles tendons, and behind your knees.

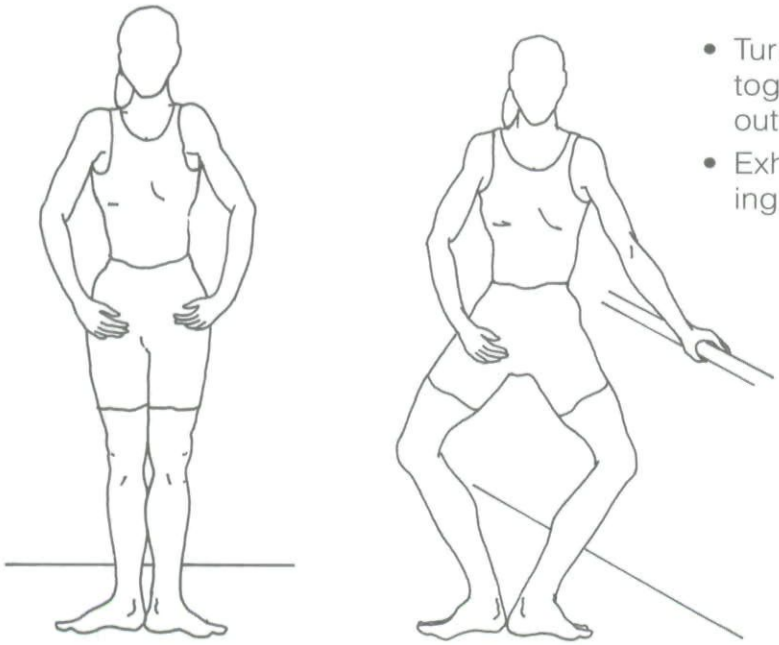
! If you have a "bad back," bend your knees when returning to an upright position.



Dance Position Exercises

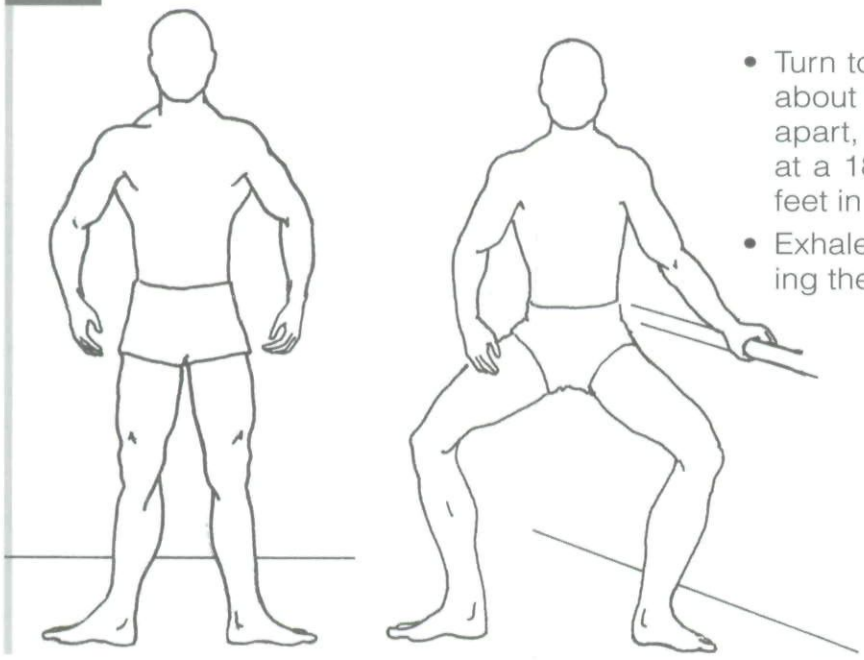
The following five exercises use the body Positions I through V traditionally used in dance. During these exercises, it is imperative that you avoid initiating the "turnout" from your knees. Instead, concentrate on using your hips and controlling turnout with the interaction between the external and internal rotators of your hip joint. Also focus on equally distributing your weight and keeping your heels flat on the floor. Failure to use proper technique can result in injury to your knees, legs, or feet! You may want to hold onto a barre or chair back for support and balance.

34



- Turn to Position I with your heels together and each foot pointing outward at a 180-degree angle.
- Exhale and flex your knees, initiating the turnout from your hips.

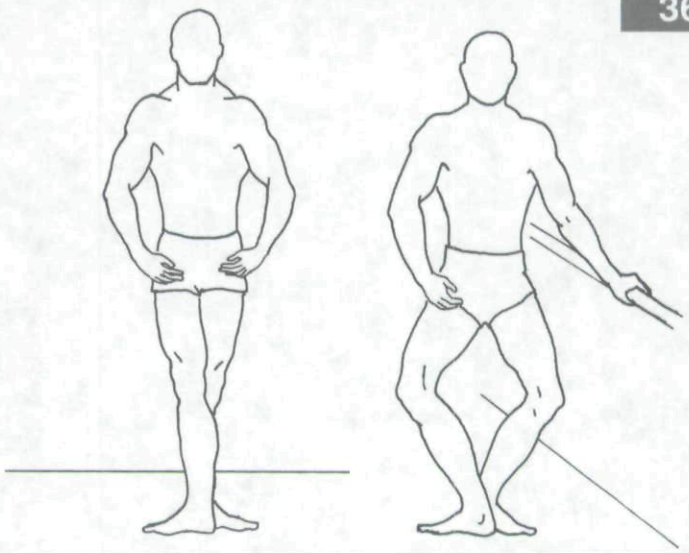
35



- Turn to Position II with your heels about 12 inches (30 centimeters) apart, each foot pointing outward at a 180-degree angle, and your feet in line with each other.
- Exhale and flex your knees, initiating the turnout from your hips.

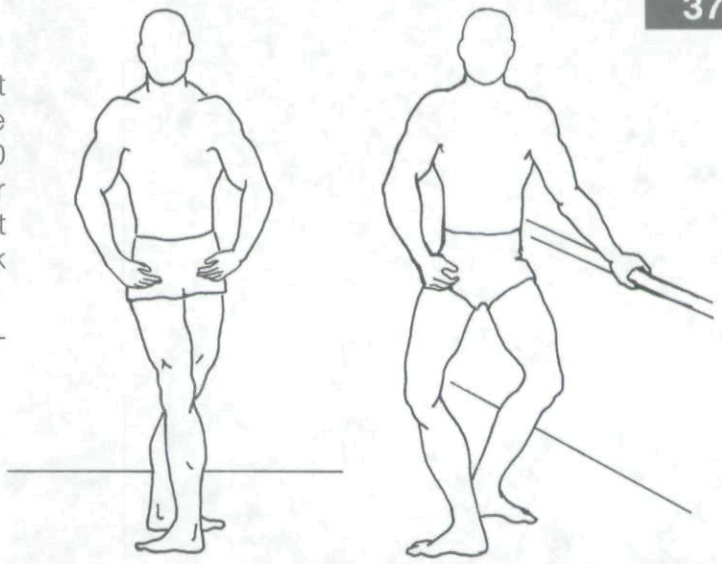
36

- Turn to Position III so your feet are in line and pressed together, the heel of one foot at the arch or instep of the other foot and the toes pointing in opposite directions.
- Exhale and flex your knees, initiating the turnout from your hips.



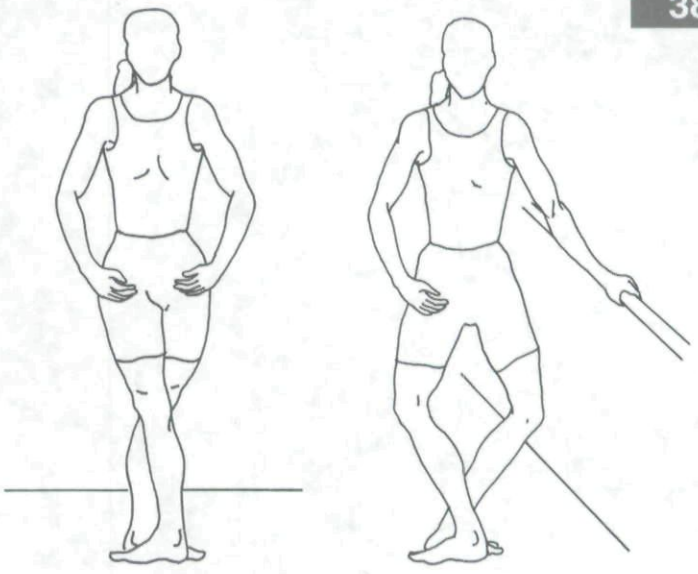
37

- Turn to Position IV with your feet pointed in opposite directions, one foot approximately 12 inches (30 centimeters) in front of the other and the heel of your forward foot in line with the toes of your back foot.
- Exhale and flex your knees, initiating the turnout from your hips.

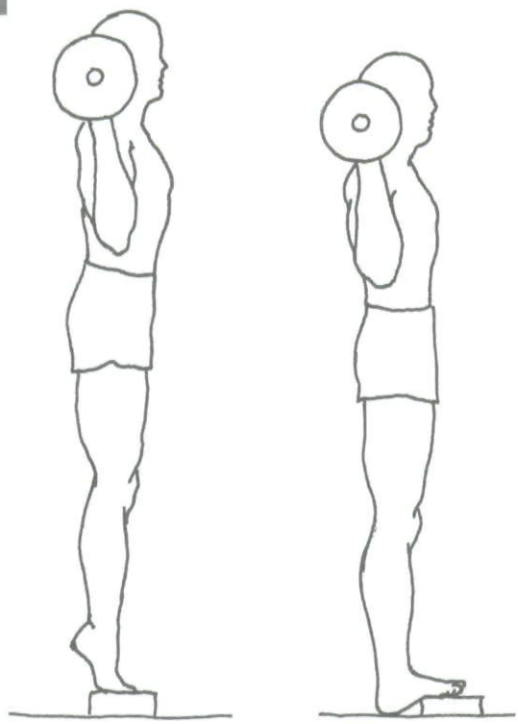


38

- Turn to Position V with your feet pointed in opposite directions, the heel of your front foot flat against the toe of your other foot and the heel of your rear foot against the toe of your front foot.
- Exhale and flex your knees, initiating the turnout from your hips.



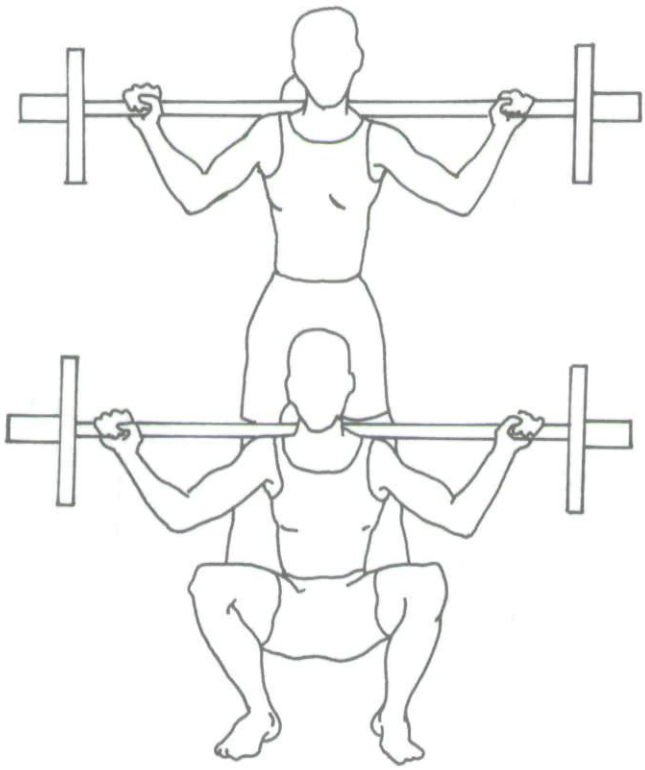
39



- Stand with your toes and the balls of your feet on a thick board. Rest a lightweight barbell on your shoulders.
- Exhale while rising up on your toes as high as possible.
- Inhale and lower your heels until they almost touch the floor; return to the starting position.

NOTE Use a light weight that you can handle easily.

40



- Stand with your feet about shoulder-width apart and rest a lightweight barbell on your shoulders.
- Inhale and lower your buttocks toward the floor while keeping your heels flat on the floor.
- Hold the stretch at the bottom before exhaling and returning to the starting position.

NOTE Always use a light weight that you can handle easily. A lifting belt can also provide extra support.

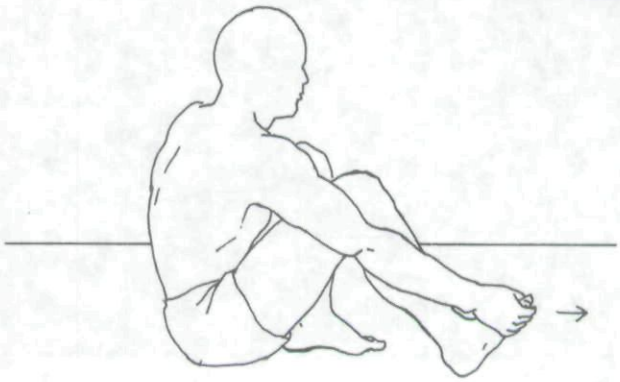
This exercise is essential for weight lifters. Athletes simply seeking to increase strength can protect their knees by lowering the buttocks. This exercise may be too advanced or dangerous for even some elite athletes.

BEHIND THE KNEES

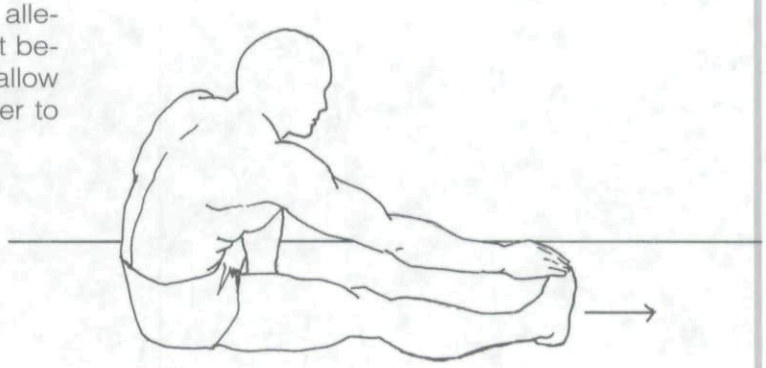
As a general rule, avoid the following stretches if you have hyperextended knees.

41

- Sit on the floor with knees flexed, grasp your toes and the ball of one foot, and extend this leg.
- Exhale; keeping your leg straight, pull your foot toward your trunk and bend at the hip so that your upper torso leans toward the extended thigh.

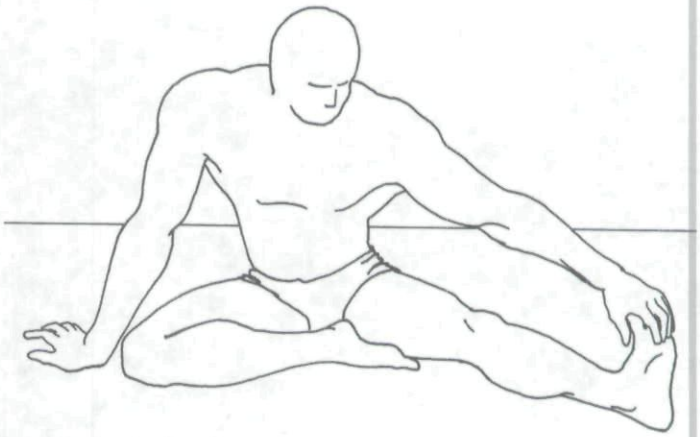


NOTE Contracting and then relaxing the quadriceps of the extended leg tends to alleviate some tension and discomfort behind the knee. This action will also allow you to lean your upper torso closer to your thigh.



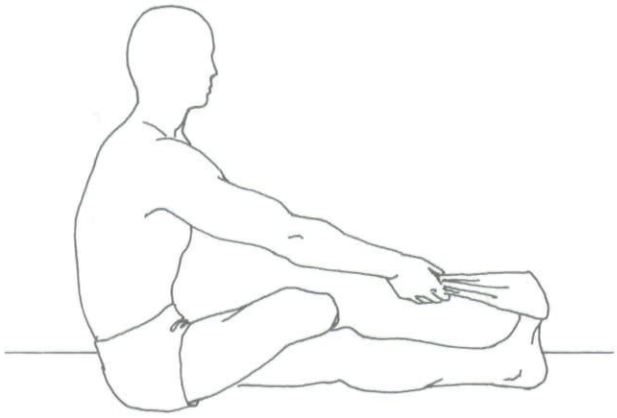
42

- Sitting on the floor with your legs spread, flex one leg inward until its heel touches the groin of the extended leg.
- Exhale, lean forward, and grasp the foot of your extended leg. Keep your leg straight while pulling your foot toward your torso.



NOTE Try contracting and then relaxing the quadriceps on this stretch to alleviate some tension behind the knee.

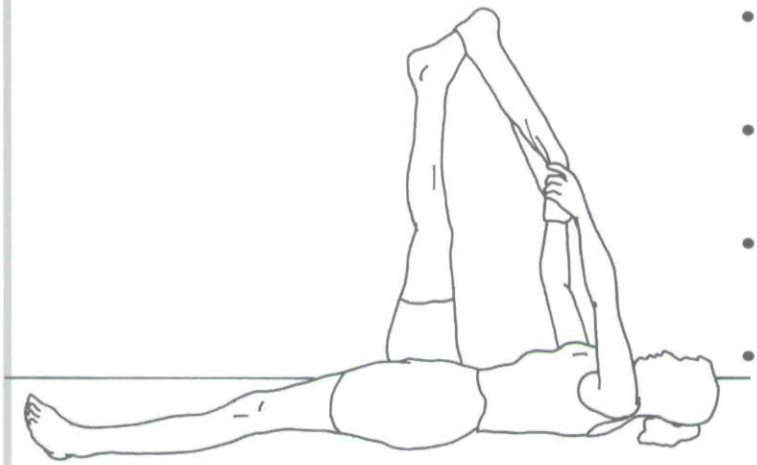
43



- Sitting on the floor, cross one leg and rest the heel on the opposite knee.
- Hold both ends of a folded towel wrapped around the ball of your extended foot.
- Exhale, keep your extended leg straight, and pull the towel to pull your foot toward your trunk.

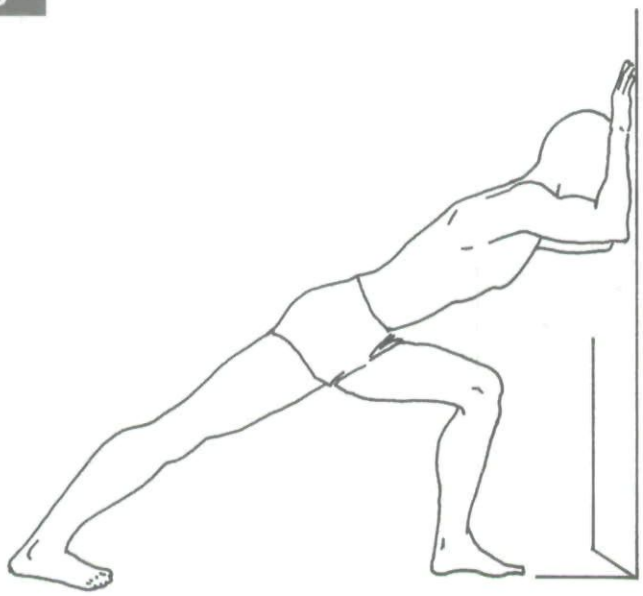
NOTE Athletes with adequate flexibility will not need a towel.

44



- Lie on your back with your legs extended; grasp both ends of a folded towel.
- Flex one leg over your chest and loop the towel around the ball of your foot.
- Exhale, straighten your knee, and bring your toes toward you as far as possible.
- Keeping your hips squared, legs, back, and head flat on the floor, pull on the towel.

45



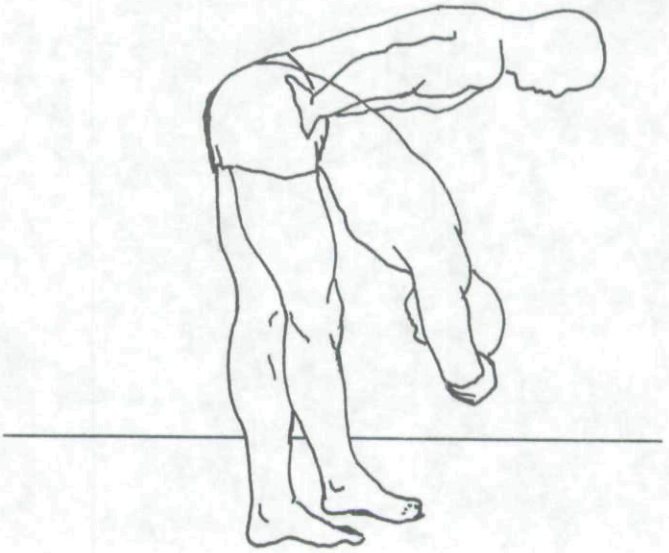
- Standing an arm's length from a wall, bend one leg forward and lean against the wall without losing the straight line of your head, neck, spine, pelvis, rear leg, and ankle.
- Keep your rear foot down and parallel to your hips, bend your arms, and shift your weight toward the wall.
- Exhale and contract the quadriceps of your rear leg without jamming or locking the knee.

46

- Stand with your hands on your hips and cross one leg over the other.
- Exhale; keeping one leg straight, extend your upper back. Bend at the hips and lower your trunk onto your thigh.

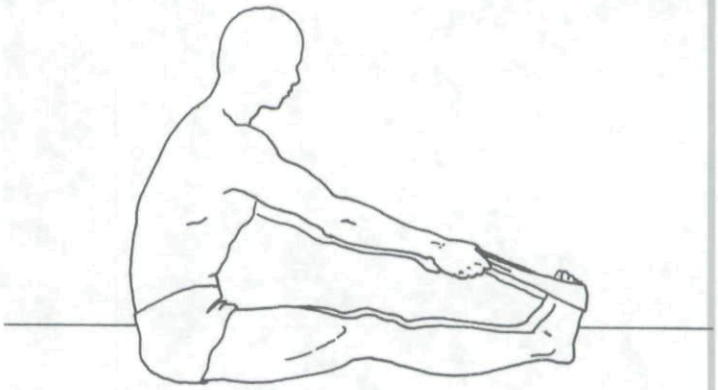
NOTE Bend your knees or round your upper torso rather than lifting with an arched back when returning to an upright position.

NOTE To intensify the stretch, place your arms behind your head, grasping your elbows.



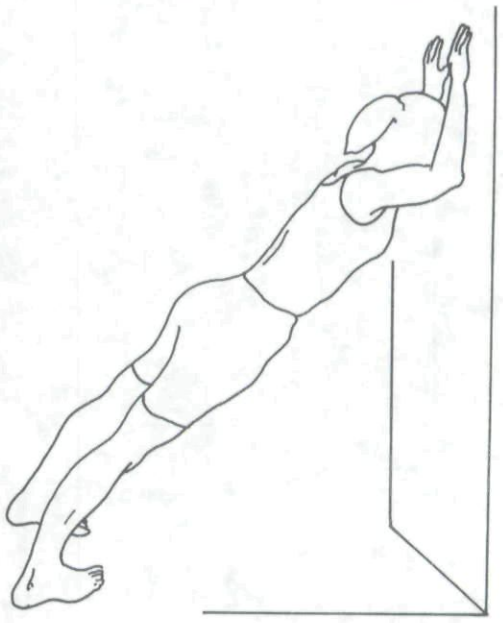
47

- Sitting on the floor with both legs straight, lean forward and grasp your feet with your hands or with a folded towel.
- Slowly pull your feet back toward your trunk.

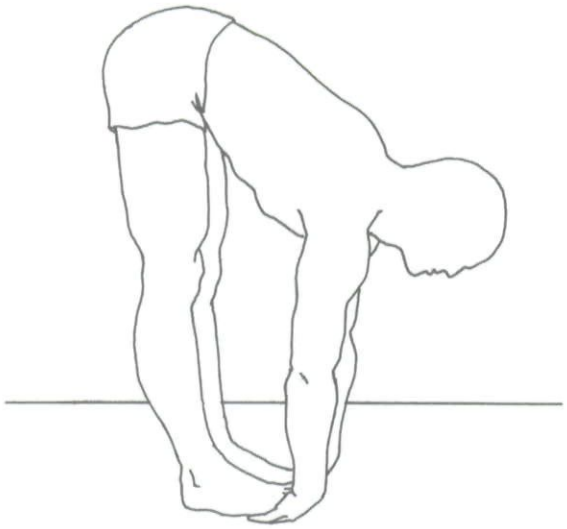


48

- Standing an arm's length from a wall with your feet shoulder-width apart and toed in, lean against the wall without losing the straight line of your head, neck, spine, pelvis, rear leg, and ankle.
- Keep both heels down and toed in. Bend your arms and lean toward the wall.
- Exhale and contract the quadriceps without jamming or locking the knees.



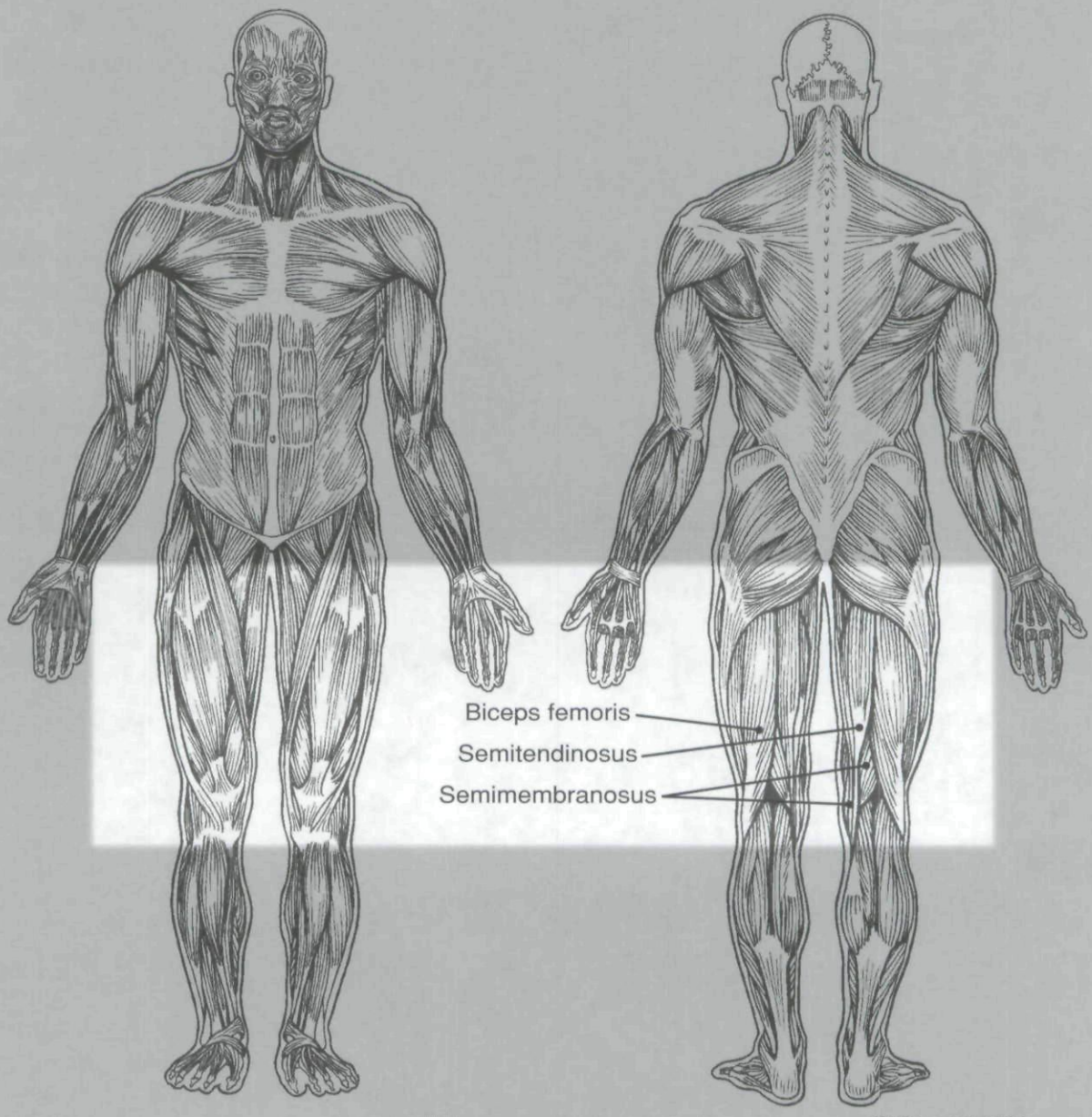
49



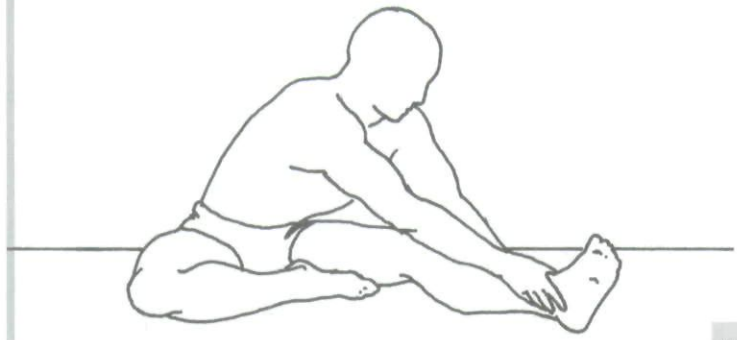
- Standing with both legs straight, exhale and extend your upper back.
- Bend forward at the hips and grasp your toes with your hands. Pull up on your toes.

NOTE Remember to either bend your knees or round your upper torso rather than lifting with an arched back when returning to an upright position. Also, try contracting and then relaxing your quadriceps to alleviate tension behind your knees.

HAMSTRINGS


Biceps femoris
Semitendinosus
Semimembranosus
©K GalasynWright '94

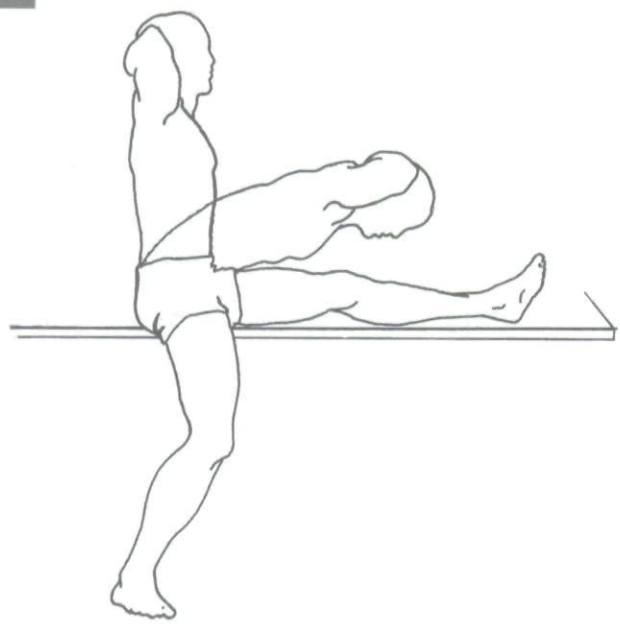
50



- Sit on the floor with one leg straight and the other bent at the knee with the heel touching the inside of the opposite thigh.
- Lower the outside of the thigh and calf of the bent leg onto the floor.
- Exhale, keep the extended leg straight, and lower your upper torso onto your thigh.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings.

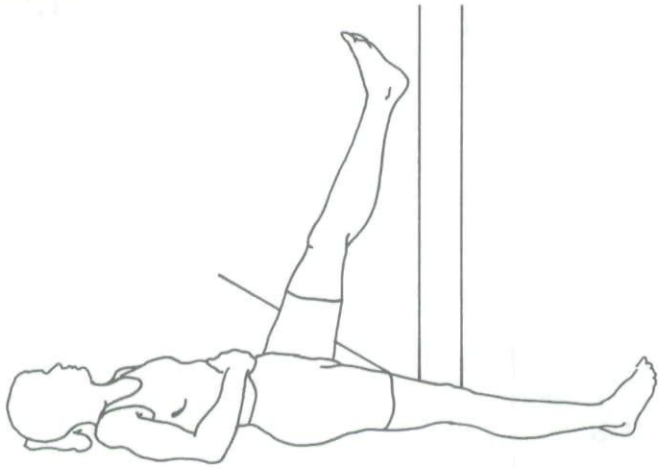
51



- Sit on a bench with one leg extended and your opposite foot on the floor. Place your hands behind your head.
- Exhale, extend your upper back, flex at the hips, and lower your torso onto your thigh while keeping your elbows raised and your leg straight.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings.

52



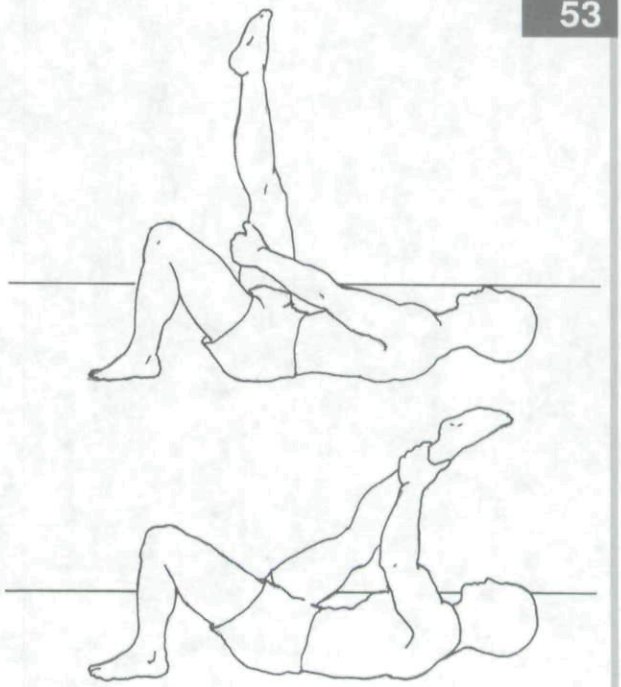
- Lie on your back in a doorway and position your hips slightly in front of the door frame.
- Raise one leg and rest it against the door frame while keeping that knee extended and your bottom leg on the floor. Increase the stretch by sliding your hips closer to the door frame or lifting the leg away from the door frame.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings.

53

- Lie on your back with your legs flexed and your heels close to your buttocks.
- Inhale and extend one leg upward.
- Exhale and slowly pull the raised leg toward your face, keeping the leg straight.

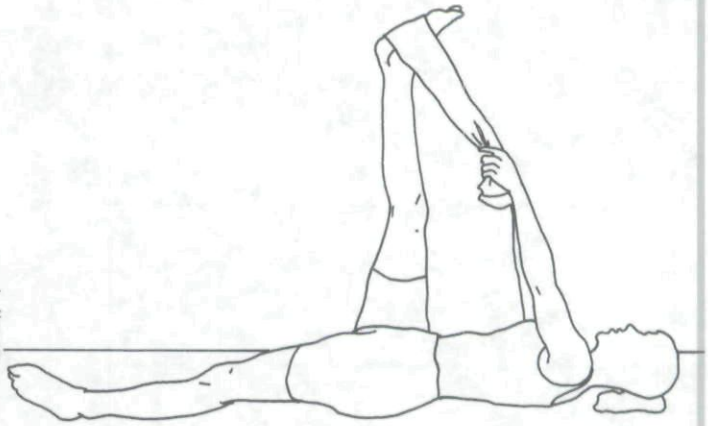
NOTE Try contracting your quadriceps to alleviate tension in your hamstrings. Also, if you have a bad back, flex the extended leg and slowly lower it to the floor.



54

- Lying on your back, wrap a folded towel around the instep of one foot, inhale, and extend the leg upward.
- Exhale and pull the raised leg toward your face, keeping the leg straight.

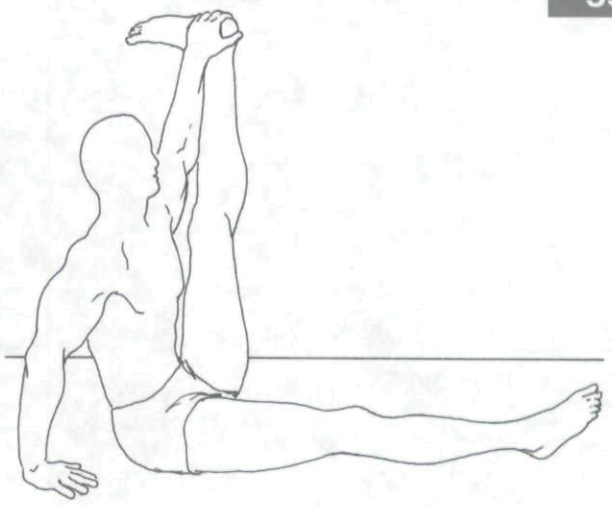
NOTE Try contracting your quadriceps to alleviate tension in your hamstrings. Also, if you have a bad back, flex the extended leg and slowly lower it to the floor.



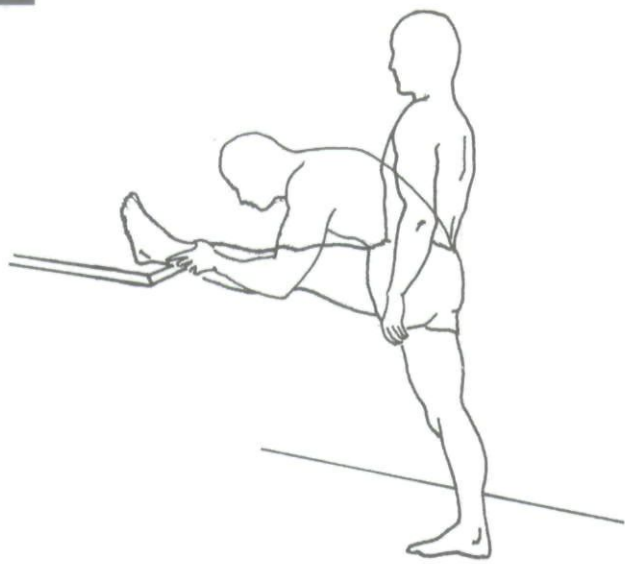
55

- Sit on the floor with your hands behind your hips for support and your legs extended.
- Flex one knee and grasp the instep of your foot with one hand.
- Exhale and extend your leg until it is perpendicular to the floor.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings.



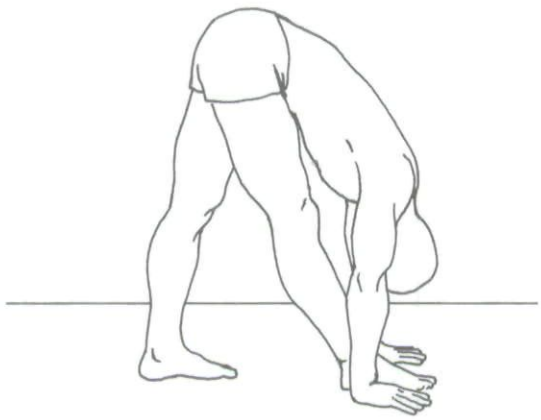
56



- Standing, slowly raise one leg and rest it on an elevated platform at a comfortable height.
- Exhale; keeping both legs straight and your hips squared, slowly flex forward from the hips, extend your upper back, and lower your trunk onto your raised thigh.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings.

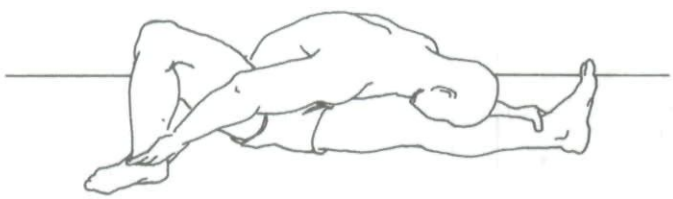
57



- Stand with your right foot about 12 inches (30 centimeters) in front of the toes of your left foot.
- Exhale, lean forward at the hips, and try to touch the floor or your right foot with your hands while keeping both legs straight.

58



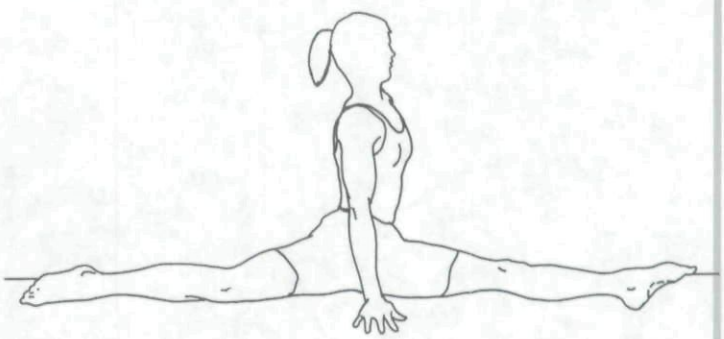


- Assume a squat position with your feet flat on the floor.
- Place your weight on one flexed knee and extend the opposite leg sideways.
- Grasp your right ankle with your right hand and your left ankle with your left hand.
- Exhale and lower your entire upper torso to your extended thigh.

NOTE This exercise is fundamental for martial artists; however, it is not necessary for most other athletes. This exercise also stretches the groin.

59

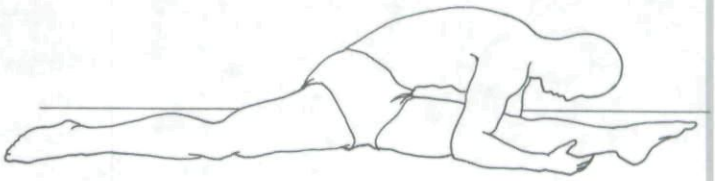
- Kneeling with both legs together and your hands at your sides, lift one knee and place your foot slightly in front for support.
- Exhale, bend at the hips, lower your upper torso onto the front thigh, and place your hands slightly in front of the front foot.
- Slide your front foot forward and straighten your rear leg as you extend into the split position.



NOTE A split is one of the more advanced stretches for the hamstrings. To perform a technically correct split, both legs must be straight, the hips squared (facing forward, not twisted sideways), and the buttocks flat on the floor. For aesthetic reasons, some advocate a slight turnout of the rear hip. However, due to tight hip flexors or improper training, this turnout can be too extreme.

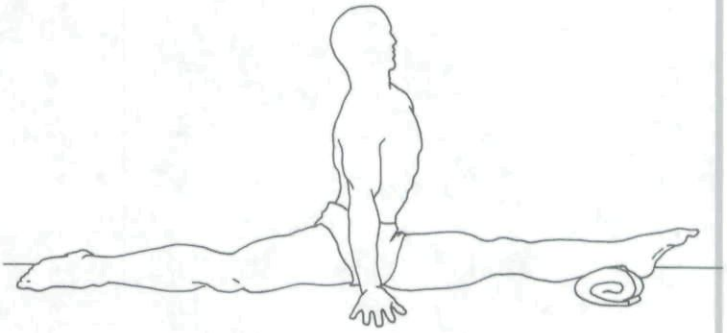
60

- Perform a split.
- Exhale and lower your extended upper torso onto the forward thigh.



61

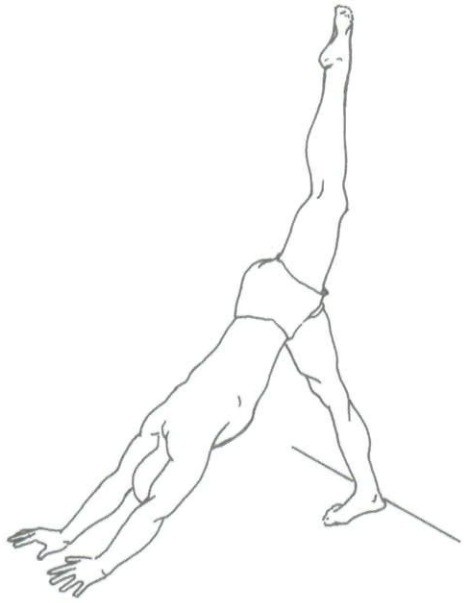
- Kneel with both legs together and your hands on the floor at your sides for balance.
- Lift one knee and place your foot slightly in front of your body on a folded blanket.
- Exhale, slowly slide your front foot forward while resting it on the folded blanket, and straighten your rear leg as you extend into the split position.



NOTE You should also feel this stretch behind the knee.

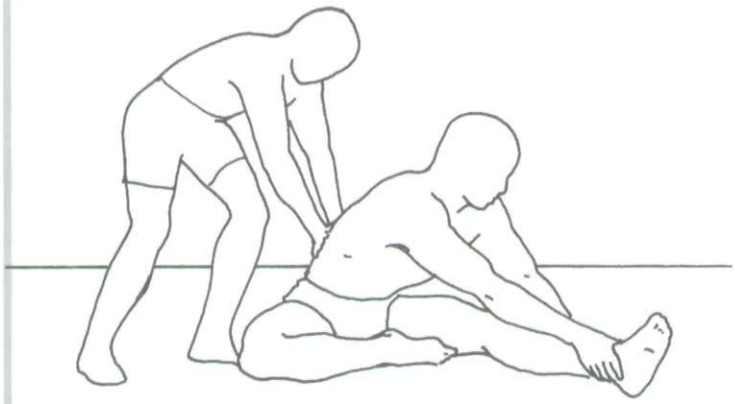
! This exercise is useful for advanced athletes who require exceptional flexibility in their disciplines: pairs figure skating, the martial arts, and rhythmic gymnastics. However, most other athletes should not incorporate this exercise into their stretching program.

62



- Stand with your back approximately three feet (one meter) from a wall; bend over and place your hands on the floor for support, and raise one leg against the wall.
- Exhale and slide your leg upward against the wall until you attain the split position with your legs straight and hips squared.

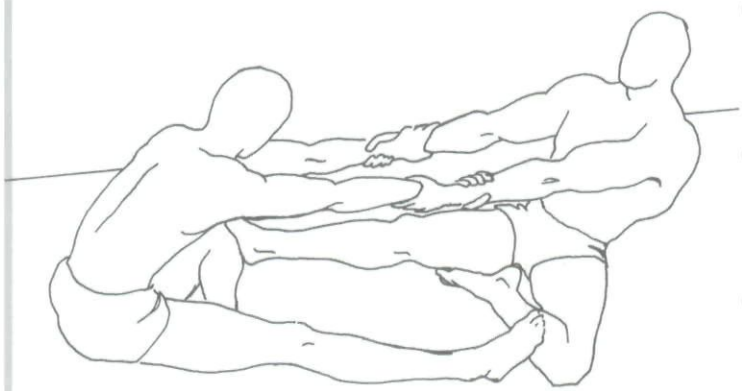
63



- Sitting on the floor with your legs extended and spread apart, flex one knee until its heel touches the groin of the other leg.
- Your partner stands behind you with one hand in the center of your upper back and the other in the center of your lower back.
- Exhale; keeping your forward leg straight, extend your upper back, and bend forward at the hips as your partner gently pushes your upper torso onto your thigh.

NOTE Remember to communicate with your stretching partner.

64



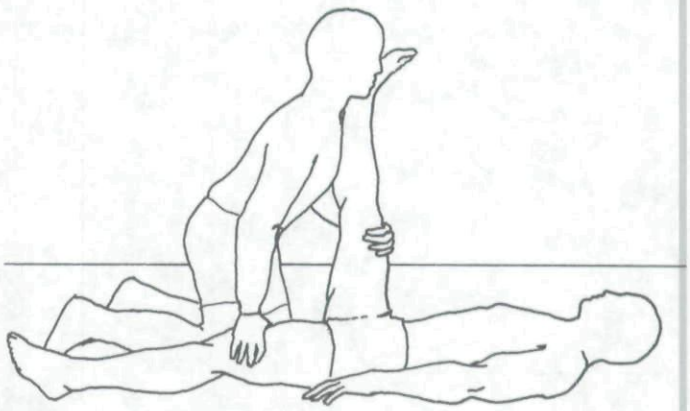
- Sitting on the floor with your legs extended and spread apart, flex one knee until its heel touches the groin of the other leg.
- Your partner assumes the same position while you brace your extended leg against your partner's flexed leg and vice versa; interlock hands.
- Exhale, bend forward at the hips, and lower your trunk onto your extended thigh as your partner leans backward and pulls on your hands.

65

- Lie on your back and raise one leg, keeping your hips square.
- Your partner anchors your leg on the ground and grasps your raised leg.
- Exhale as your partner raises your leg upward.

NOTE Remember to keep both legs straight and your hips squared.

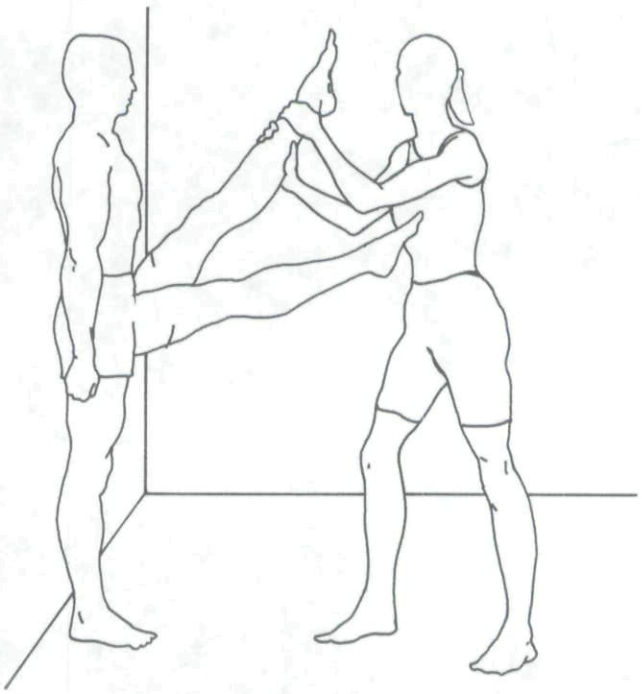
Your partner should avoid grasping the heel because the leverage may result in straining the knee.



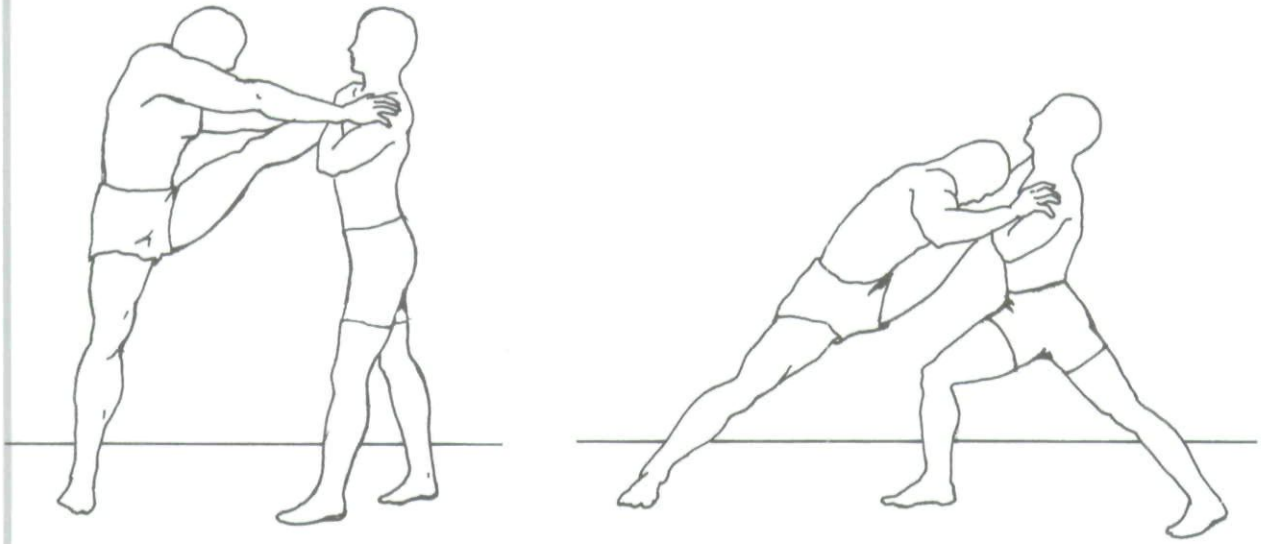
66

- Stand facing your partner and holding onto a surface for balance.
- Inhale and raise one leg for your partner to grasp with both hands above your ankle.
- Exhale as your partner raises your leg.

NOTE Remember to keep both legs straight and your hips squared. Remember to communicate with your partner.



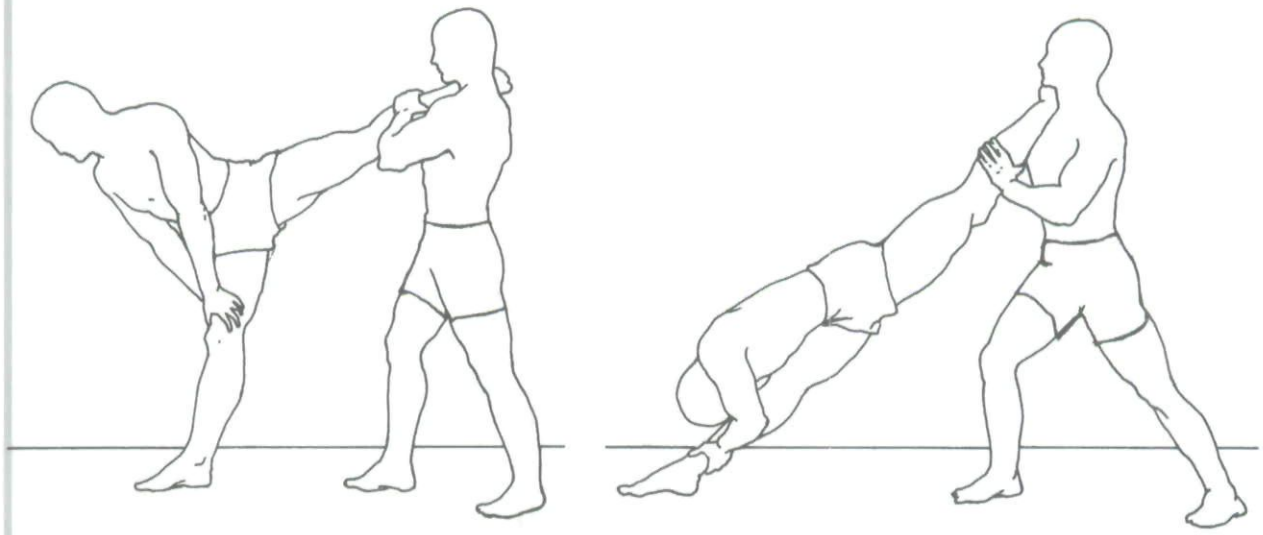
67



- Stand facing your partner and place one leg on your partner's shoulder.
- Exhale and bend forward to your knee as your partner steps backward.

NOTE This stretch is commonly cited in martial arts texts but is unnecessary for most athletes.

68

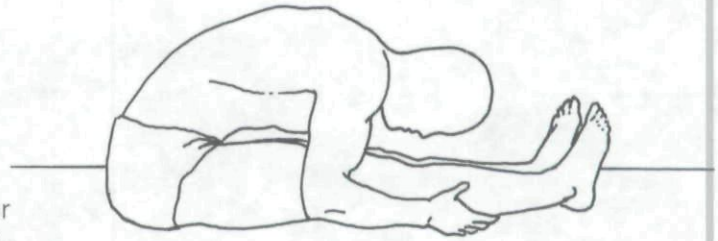


- Stand facing your partner and place one leg on your partner's shoulder.
- Turn away from your partner, exhale, and lean toward your ankle as your partner steps backward.

NOTE This stretch is commonly cited in martial arts texts but is unnecessary for most athletes.

69

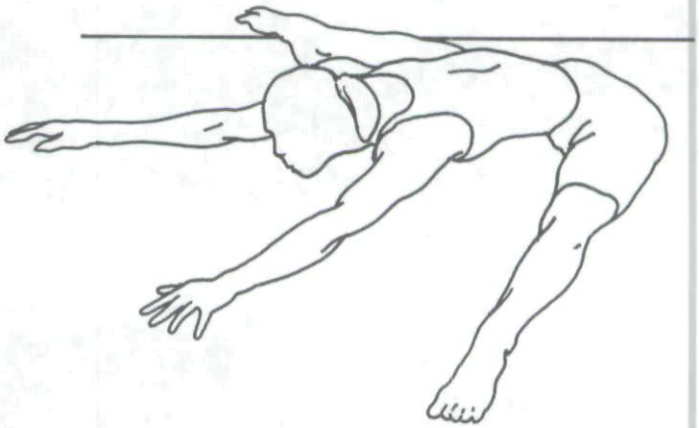
- Sit on the floor with both legs extended in front of you.
- Exhale; keep your legs straight, extend your upper back, bend forward at the hips, and lower your trunk onto your thighs.



NOTE You should also feel this stretch in your lower back. Try contracting your quadriceps to alleviate tension in your hamstrings.

70

- Sit on the floor with both legs spread and extended in front of you.
- Exhale; keep your legs straight, extend your upper back, bend forward at the hips, and lower your trunk onto the floor.



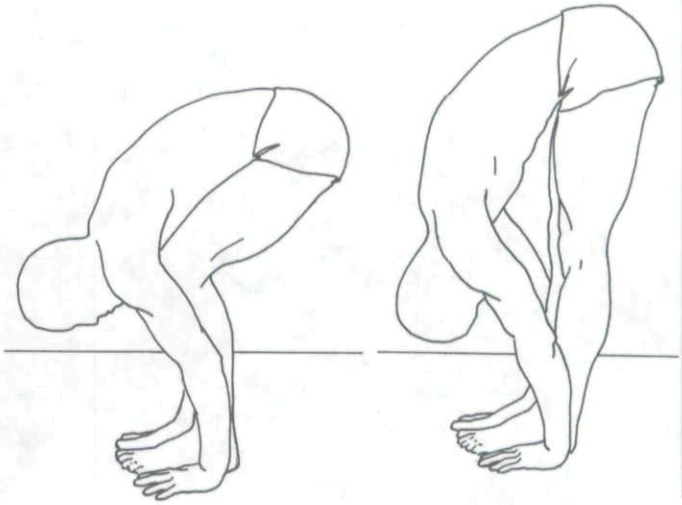
NOTE You should also feel this stretch in your lower back. Try contracting your quadriceps to alleviate tension in your hamstrings.



Do not lift your heels off the floor or roll your hips or thighs inward, as this may strain the groin.

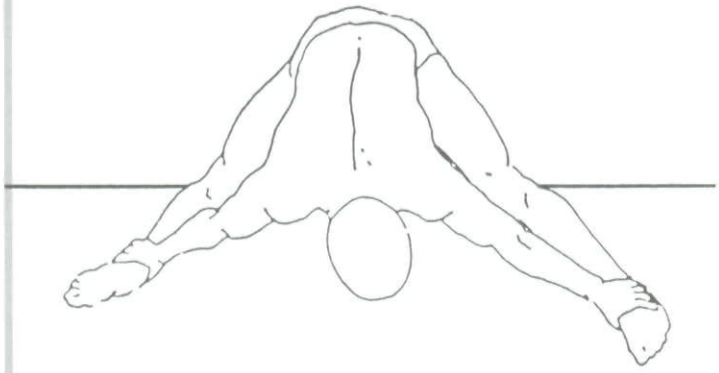
71

- Squat with your heels flat, your chest on your thighs, and your hands on the floor for balance.
- Exhale and slowly straighten your legs. Stop when you feel excess tension.
- Flex your knees and return to the starting position.



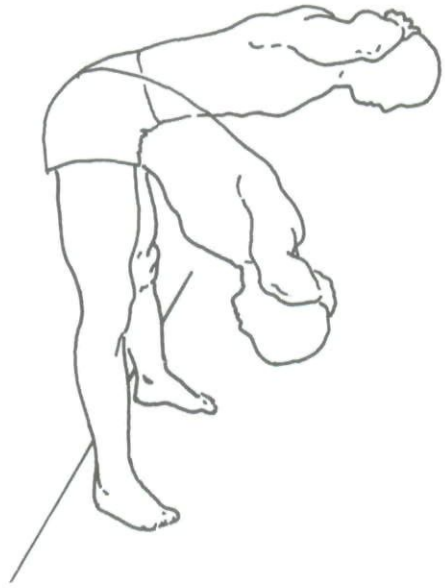
NOTE You should also feel this stretch in your lower back. You can initiate this stretch with your buttocks resting against a wall for balance.

72



- Stand with your legs spread and flex at the hips, keeping your legs straight. Grasp your ankles or feet.
- Exhale and pull your chest closer to your legs.
- Flex your knees to return to the starting position.

73



- Stand with your legs spread and the back of your heels approximately 12 inches (30 centimeters) from a wall.
- Interlock your hands behind your head. Keeping your legs straight, extend your upper back, bend forward at the hips, and lower your trunk toward your thighs.
- Exhale and bend your knees or round your upper torso when returning to the upright position.

74

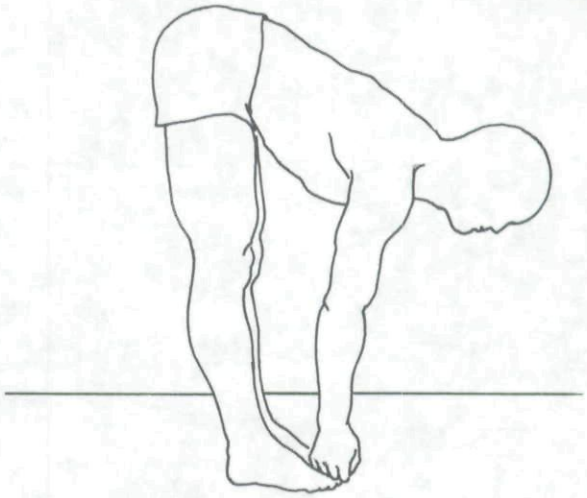


- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Interlock your hands on top of your head, bend forward at the hips, and lower your trunk toward your thighs.

75

- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Exhale, bend forward at the hips, lower your trunk toward your thighs, and touch your toes.
- Exhale and bend your knees or round your upper torso when returning to the upright position.

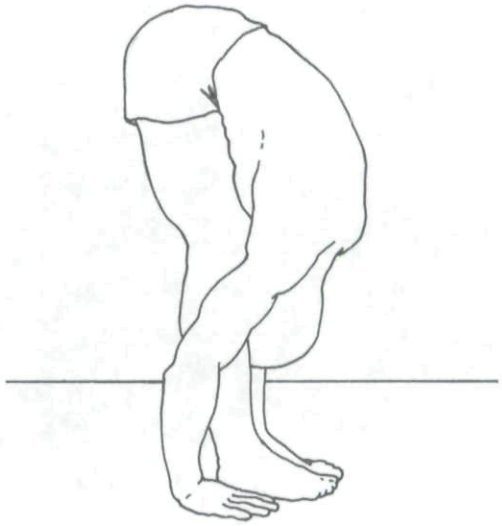
NOTE Remember to keep your legs straight.



76

- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Exhale, bend forward at the hips, lower your trunk toward your thighs, and place your hands flat on the floor.
- Exhale and bend your knees or round your upper torso when returning to the upright position.

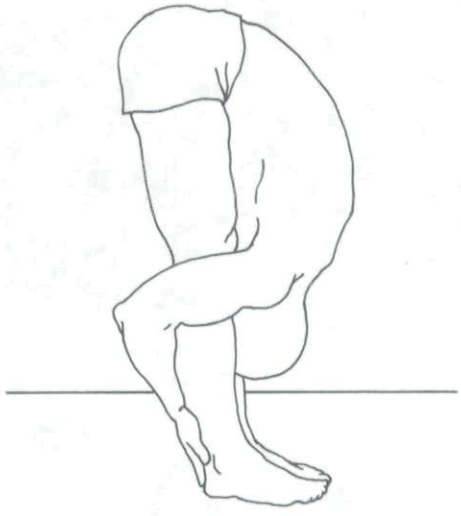
NOTE This stretch is vital for 3- and 10-meter divers.



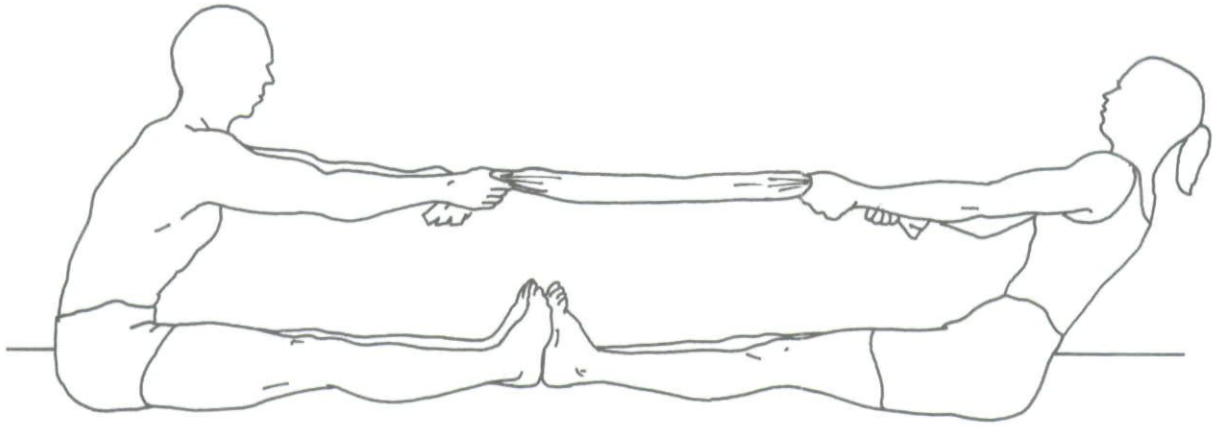
77

- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Exhale, bend forward at the hips, lower your trunk toward your thighs, grasp the backs of your ankles, and slowly compress your upper torso to your thighs.

NOTE This stretch is vital for 3- and 10-meter divers.

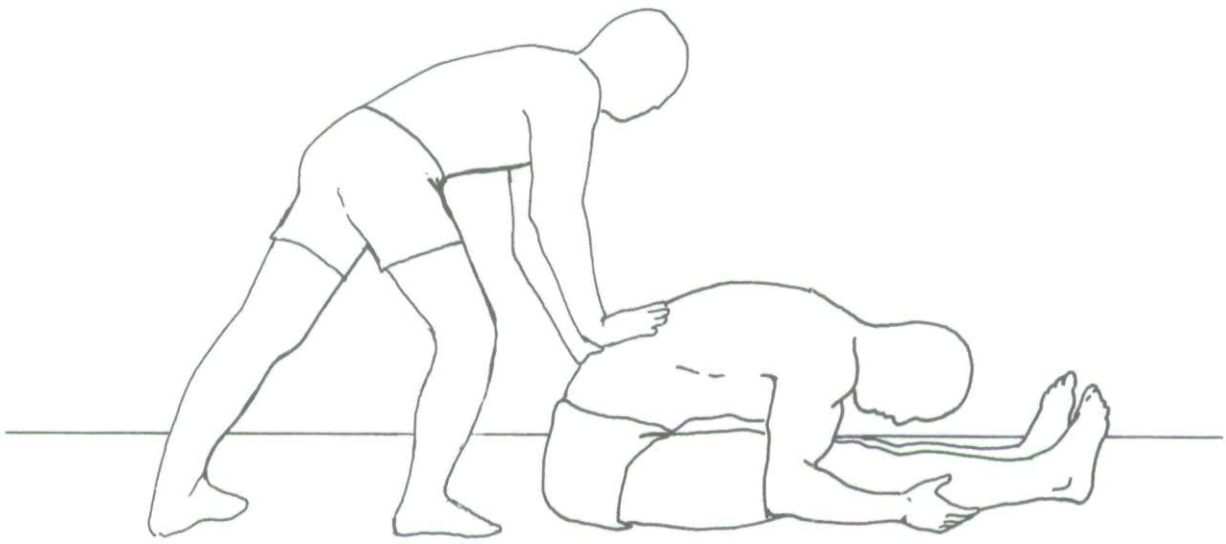


78



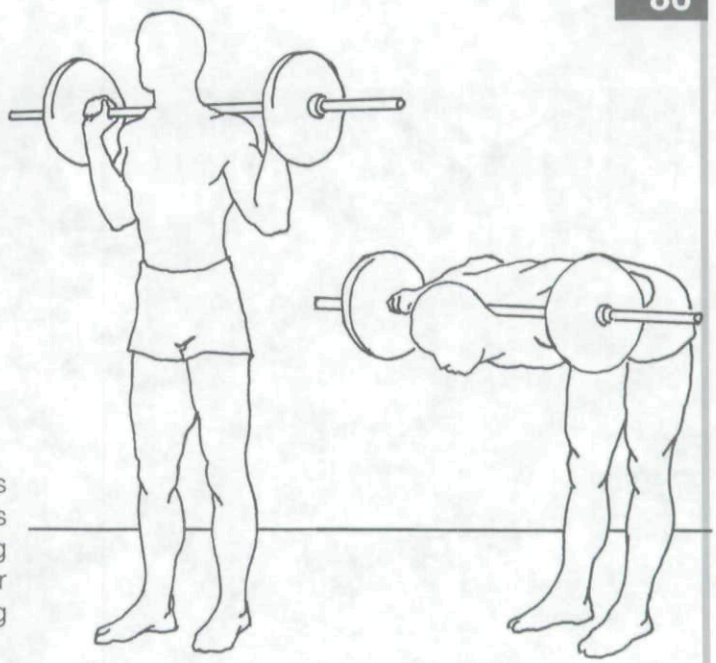
- Sit on the floor with your legs extended. Your partner assumes the same position with feet braced against yours.
- You and your partner each hold one end of a folded towel.
- Exhale; keeping your legs straight, extend your upper back, bend forward at the hips, and lower your trunk onto your thighs as your partner leans backward and pulls on the towel.

79



- Sit on the floor with your legs extended while your partner stands behind you with one hand in the center of your upper back and the other in the center of your lower back.
- Exhale; keeping your legs straight, extend your upper torso and bend forward at the hips as your partner pushes your upper torso onto your thighs.

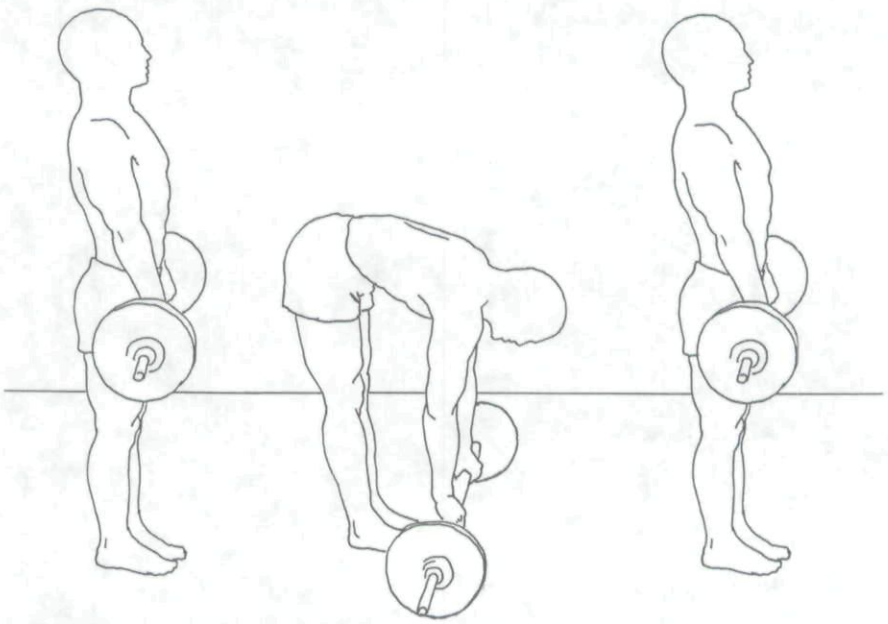
80



- Stand with your feet shoulder-width apart holding a lightweight barbell on your shoulders.
- Inhale, keep your legs straight, bend at the hips, and lower your upper torso to a horizontal position.
- Hold the stretch momentarily before exhaling and returning to an upright position.

NOTE Some athletes slightly flex their legs when using heavier weights with this exercise. The objective when using heavier weights is to strengthen the lower back. It is a good idea to wear a lifting belt when performing this stretch.

81

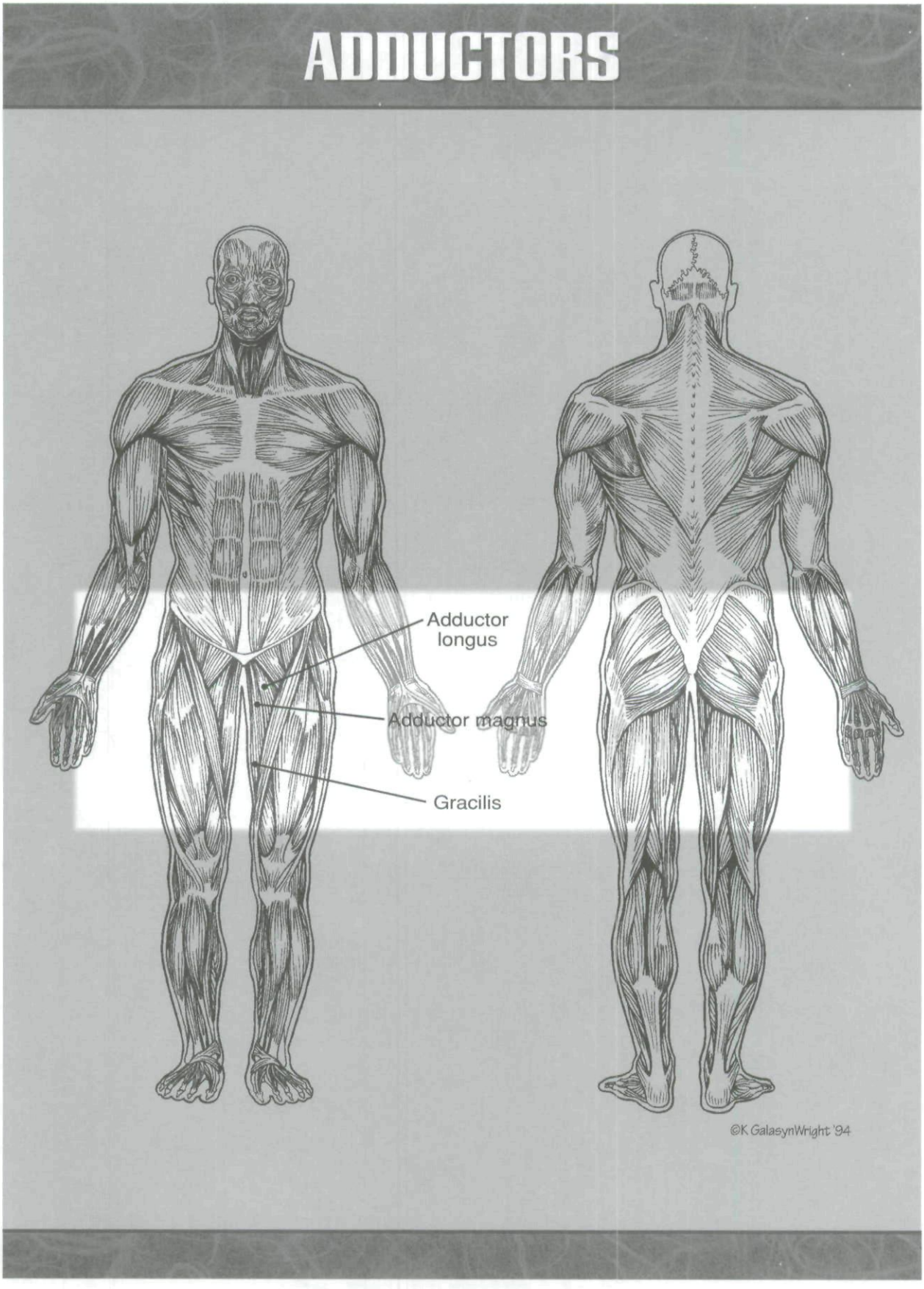


- Stand holding a lightweight barbell with your arms straight in front of you.
- Inhale, keep your legs straight, bend forward at the hips, and lower the barbell to the floor.
- Hold the stretch momentarily, exhale, and slowly return to an upright position.

NOTE This exercise is basic for bodybuilders, power lifters, and weight lifters. As flexibility increases, advanced athletes may want to do these "dead lifts" while standing on the end of a bench or large block.



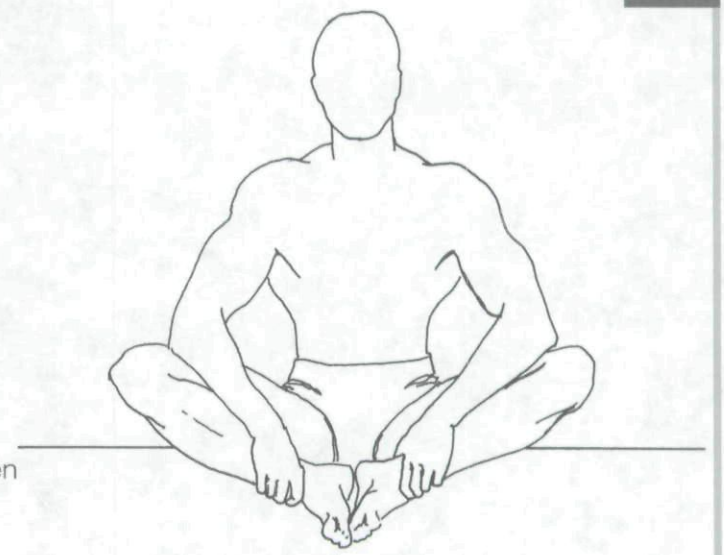
Use a lifting belt when doing this lift/stretch.


ADDUCTORS
Adductor longus
Adductor magnus
Gracilis
©K GalasynWright '94

82

- Sit on the floor with your buttocks against a wall, your legs flexed and spread, and your heels touching each other.
- Grasp your feet or ankles and pull them as close to your groin as possible.
- Place your elbows on your inner thighs or knees, exhale, and push your legs to the floor.

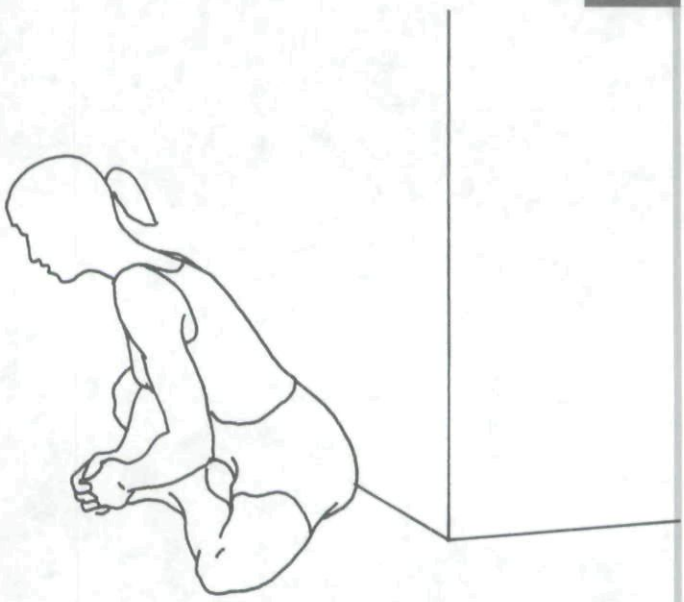
NOTE Be sure to keep your back straight when performing this exercise.



83

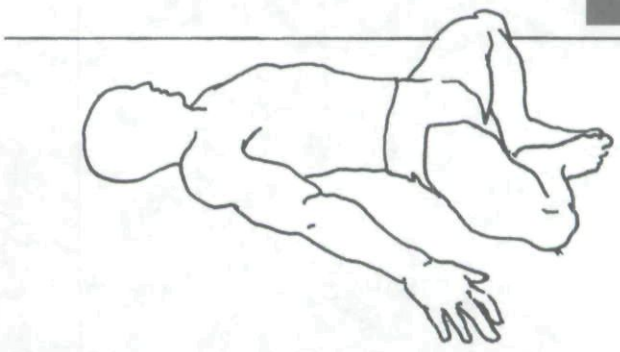
- Sit on the floor with your buttocks against a wall, your legs flexed and spread, and your heels touching each other.
- Grasp your feet or ankles and pull them as close to your groin as possible.
- Exhale and lean forward from the hips. Keep your back straight and attempt to lower your chest to the floor.

NOTE If you have tight adductors, you may find it easier to perform this stretch with your heels extended slightly forward.



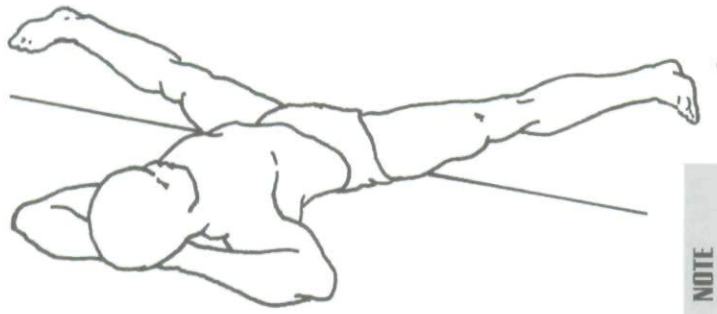
84

- Lie on your back and flex your knees, bringing the heels and soles of your feet together as you pull them toward your buttocks.
- Exhale and spread your knees as wide as possible, keeping the soles of your feet in contact.



NOTE The stretch will feel more intense if performed on a narrow bench. Focus on moving your upper thighs outward and not your knees. Some athletes will find it useful to wrap a belt around the upper thighs or ankles.

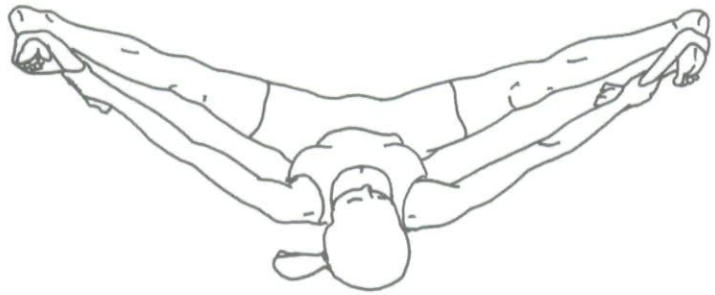
85



- Lie on your back with your legs raised and together and your buttocks several inches from a wall.
- Exhale and slowly spread your legs as wide as possible.

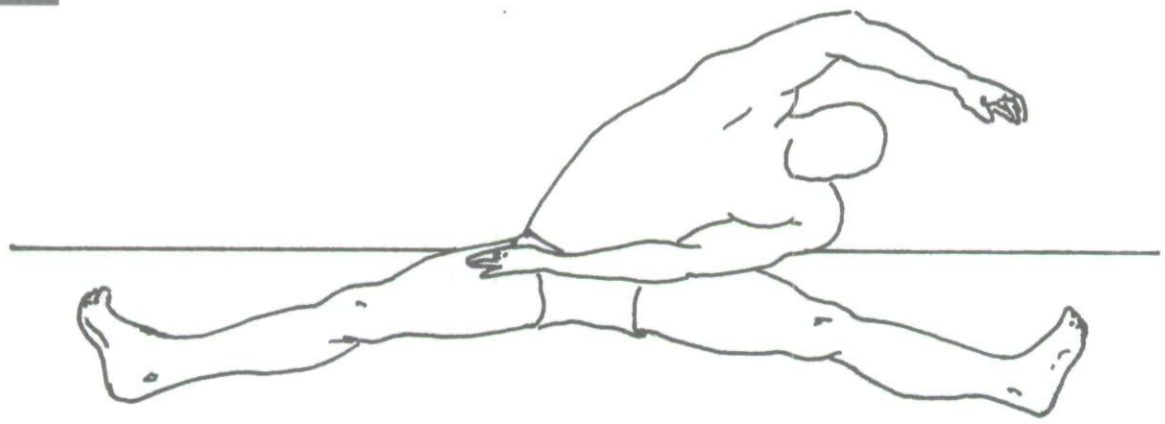
NOTE This stretch can be intensified by wearing shoes, weighted boots, or placing a small folded towel under your buttocks so your thighs are slightly above their resting position. Placing your hands on the insides of your knees can provide an additional manual stretch.

86



- Lying on your back, loop a pair of straps around both feet at the instep; inhale and extend your legs upward.
- Exhale, spread your legs as wide as possible, and pull on the straps at the end of the movement.

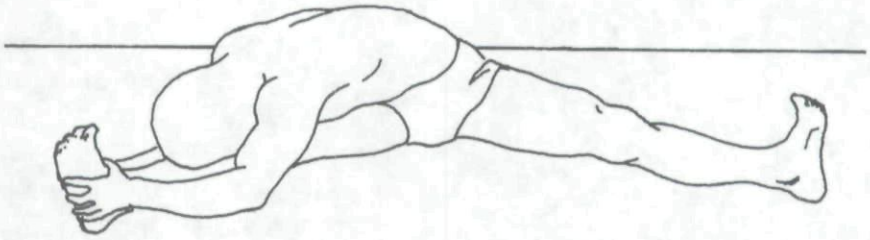
87



- Sit on the floor with your legs spread as wide as possible.
- Drop one arm and raise your other arm overhead.
- Exhale, rotate your trunk, and bend from the hip, leaning your upper torso onto your leg.

NOTE You may also feel this stretch in the lateral portion of your torso.

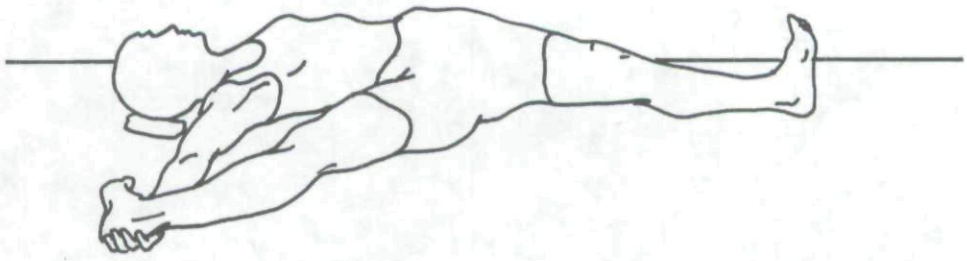
88



- Sit on the floor and spread your legs as wide as possible.
- Exhale, rotate your trunk, slowly extend your upper torso onto one leg, and grasp your foot.

NOTE Concentrate on keeping your lower back and legs extended and your heels on the floor.

89

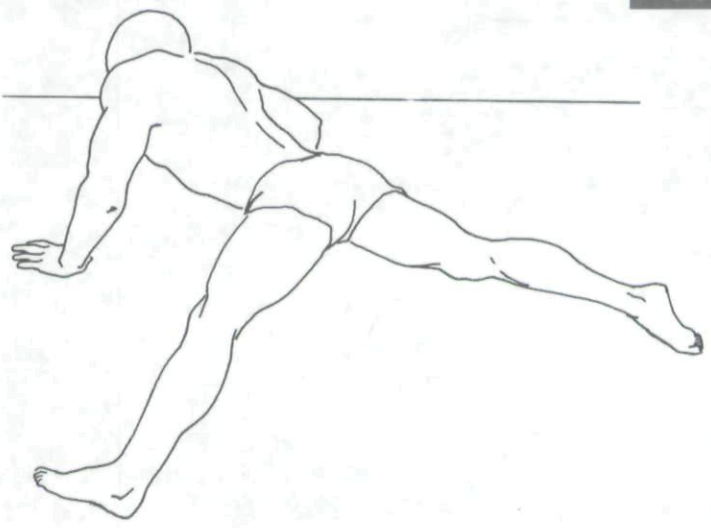


- Lie on your back. Flex one leg, grasp the foot, and extend the leg vertically.
- Exhale and slowly lower your leg to the floor at your side, forming the letter *Y*.

NOTE Be sure to keep your body extended.

90

- Kneel on all fours with your toes pointing backward. Extend one leg sideways.
- Exhale, bend your arms, lower the hip of the opposite side to the floor, and roll the hip.



91



- Squat with your feet flat on the floor about 12 inches (30 centimeters) apart and your toes turned slightly outward.
- Place your elbows on your thighs, exhale, and push your legs outward with your elbows.

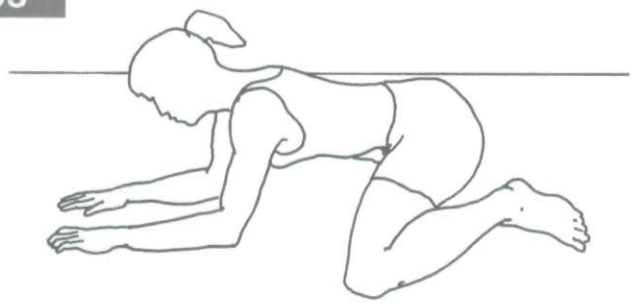
NOTE Remember to keep your feet flat on the floor to reduce strain on your knees.

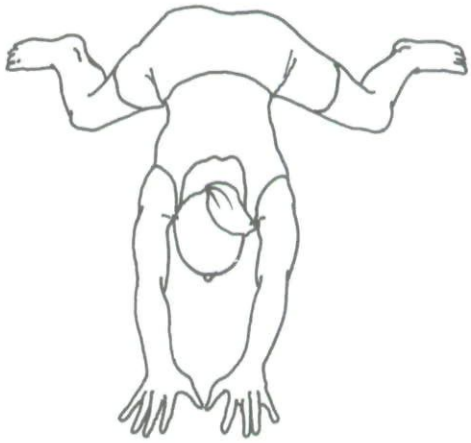
92



- Sit on the end of a bench with your legs spread slightly wider than hip-width apart, feet flat on the floor, and toes pointing outward at a 180-degree angle (the heels of your feet parallel and facing each other).
- Place your hands on your knees, exhale, flex from the hips, and lower your upper torso toward the floor while keeping your back extended. Use your hands to push your legs outward (abduction).

93



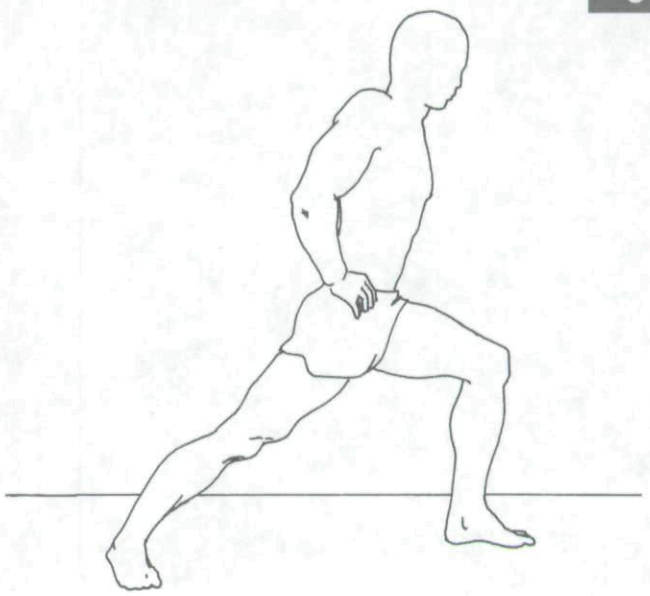


- Kneel with your toes pointing out to the sides; rest your elbows on the floor.
- Exhale, spread your knees, and lower your chest to the floor as you extend your arms parallel and forward.

NOTE This stretch is one of the most intense for the adductors. If you are extremely pliable, you will be able to lower into a straddle split with your knees flexed.

94

- Stand with your legs spread about two feet (60 centimeters) apart and turn your right foot 90 degrees sideways to the right, keeping your toes and heel in line with your body.
- Place your hands on your hips, exhale, lunge forward with your left leg, and press down on your right hip.



95

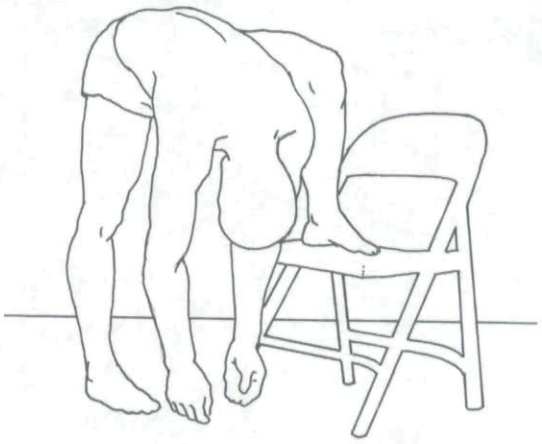
- Stand with one foot on the top surface of a sturdy chair and slide your rear leg backward while holding onto the chair for balance.
- Exhale and lean forward and downward while bending the knee of the leg resting on the chair.

NOTE If a chair is unavailable, use an elevated but sturdy surface.

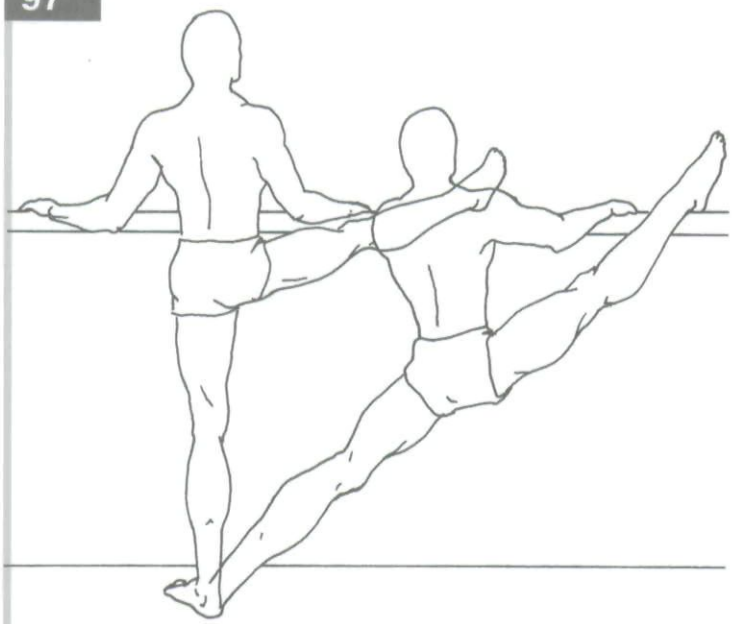


96

- Stand with one foot resting on the seat of a chair.
- Exhale, bend at the hip, and lower your hands toward the floor.

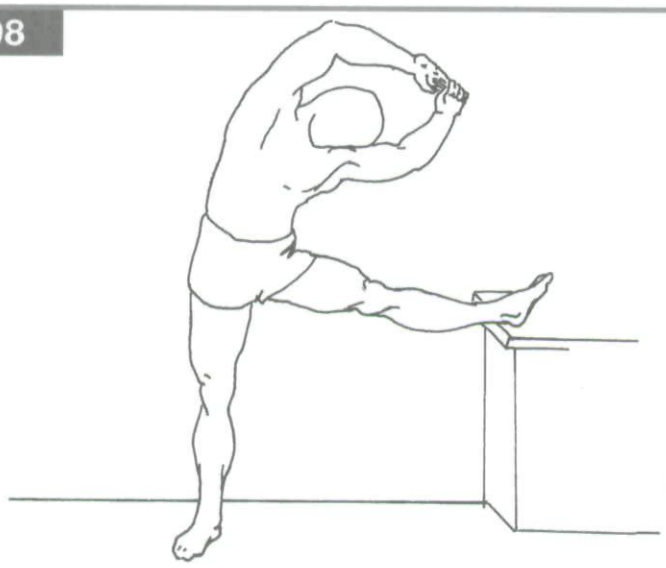


97



- Stand facing a barre or a supporting surface about hip high, inhale, raise one leg to the supporting surface, and place your heel or instep on top.
- Exhale and slide your foot along the surface.

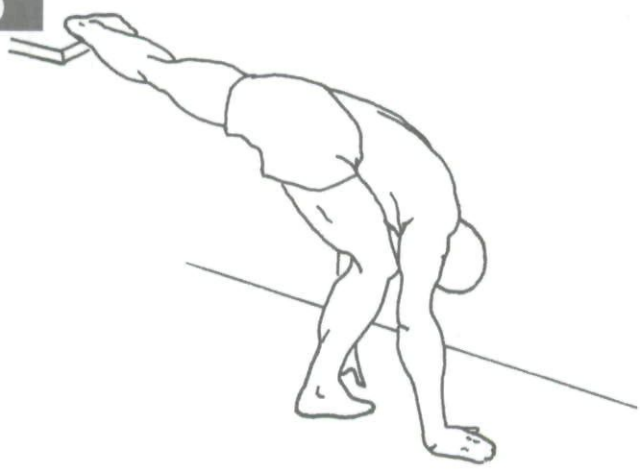
98



- Stand with your feet parallel to a supporting surface of approximately hip height. Place one heel on top of the surface.
- Interlock your hands over your head, exhale, and bend sideways, lowering your upper torso toward your raised thigh.

NOTE Keep your legs straight. You may also feel this stretch in the lateral torso.

99

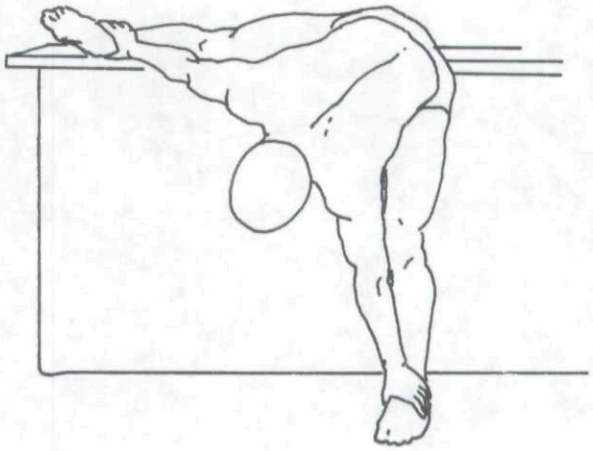


- Stand with your feet parallel to a supporting surface of approximately hip height. Keeping both legs straight and your hips squared, place one heel on the supporting surface.
- Turn out the foot of the supporting leg and turn the raised leg medially.
- Exhale, keep the raised leg straight, flex the supporting leg, and lower your chest to your knee.

100

- Stand with your feet parallel to a supporting surface of approximately hip height. Keeping both legs straight and your hips squared, raise and place your heel on the supporting surface.
- Turn out the foot of the supporting leg and turn the raised leg medially.
- Grasp the raised foot with one hand, bend forward at the hips, and grasp the foot of the supporting leg with your other hand.
- Exhale; keep both legs straight and lower your upper torso as if performing a straddle split.

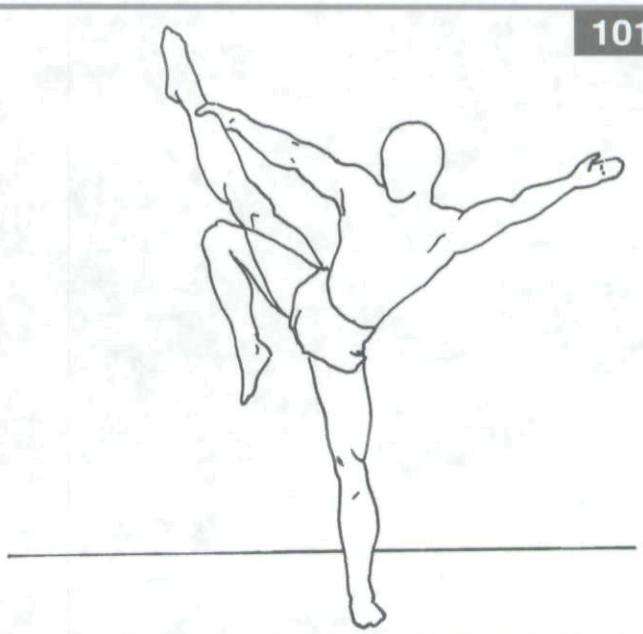
NOTE You may also feel this stretch in your hamstrings.



101

- Standing, draw the toe of one foot to the opposite ankle and slide it up the inside of your leg to your knee.
- Grasp the foot or ankle with your hand, inhale, and raise and straighten your leg sideways.

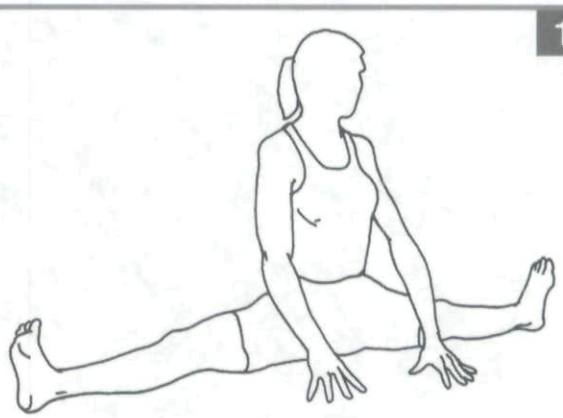
NOTE Dancers are capable of performing this skill without using their arms for support. For many, lack of coordination or strength in the hip flexors limits their ability to do this stretch.



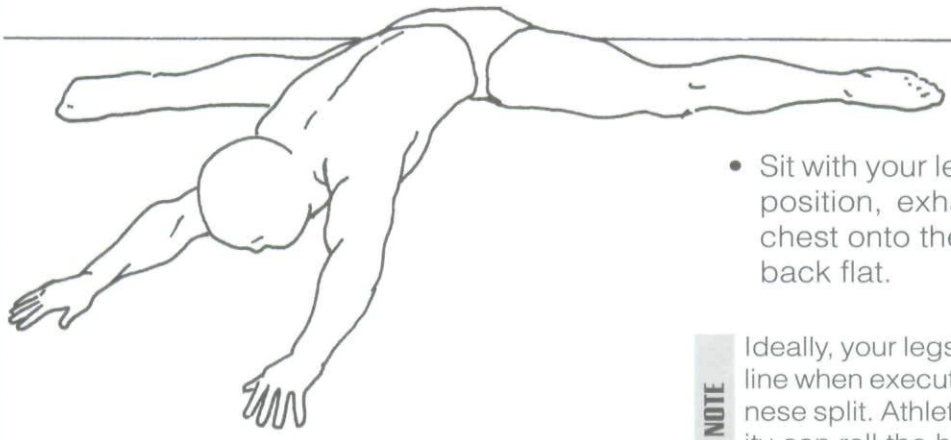
102

- Sit on the floor with your legs together and extended.
- Exhale and spread your legs to a straddle split position while keeping your upper torso erect.

NOTE Remember to keep your toes pointing upward.



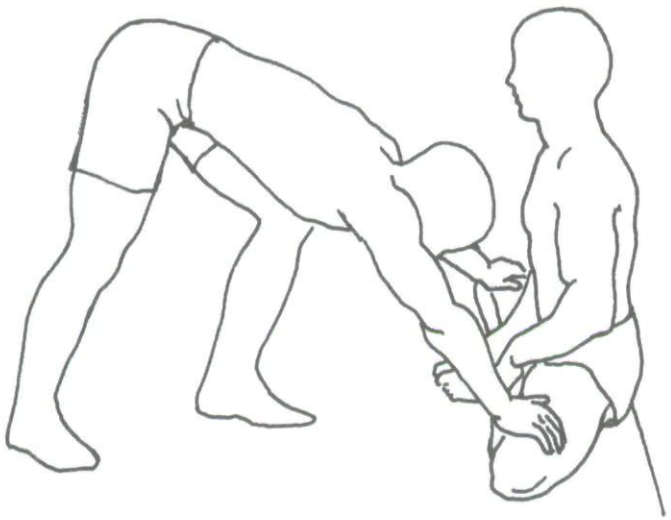
103



- Sit with your legs in a straddle split position, exhale, and lower your chest onto the floor, keeping your back flat.

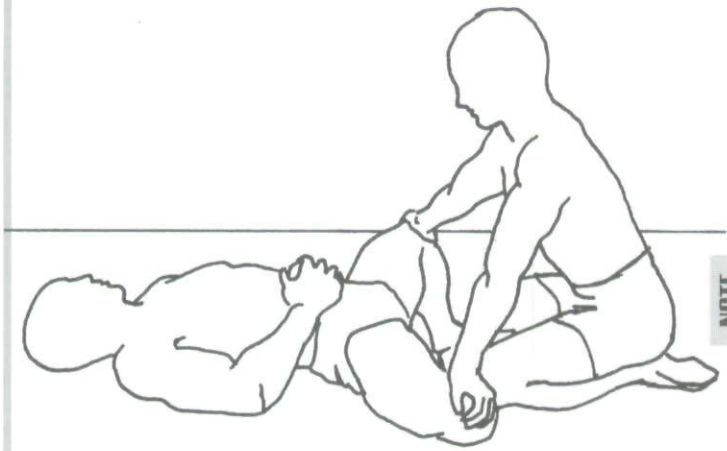
NOTE Ideally, your legs should form a straight line when executing a straddle or Japanese split. Athletes with greater flexibility can roll the hips forward and backward.

104



- Sit on the floor with your buttocks against a wall, back straight, legs flexed and spread, and heels touching each other.
- Grasp your feet or ankles and pull them as close to your groin as possible.
- Exhale as your partner assists in lowering your legs to the floor.

105

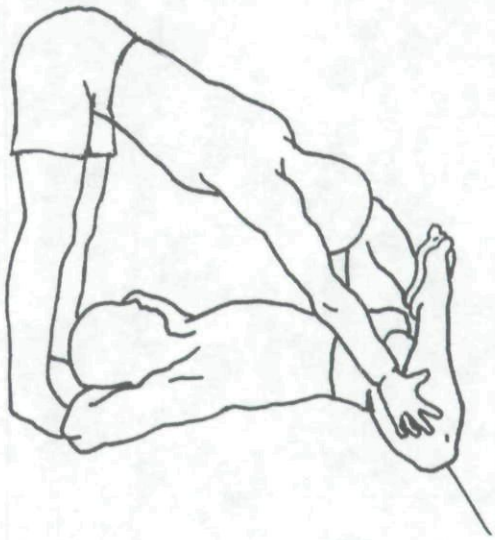


- Lie on your back and flex your knees, bringing the soles of your feet together as you pull them toward your groin.
- Exhale as your partner pushes your legs to the floor.

NOTE Be sure to communicate with your partner.

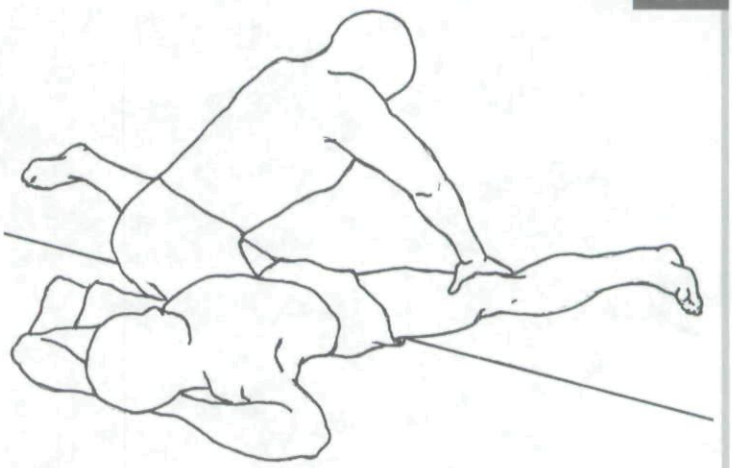
106

- Lie on your back; flex and spread your legs with the soles of your feet together and resting against the wall.
- Exhale as your partner pushes your legs to the floor.



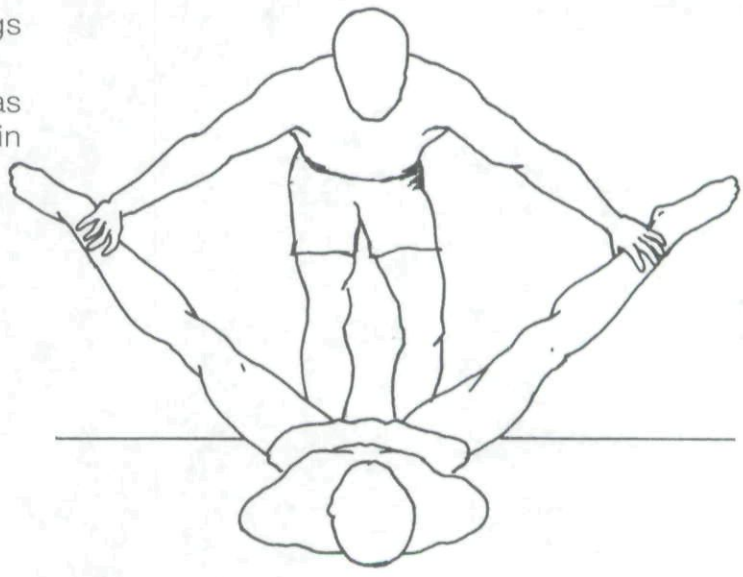
107

- Lie on your back with your legs raised and together and your buttocks several inches from a wall. Spread your legs as wide as possible.
- Exhale as your partner spreads your legs farther apart while keeping both legs straight.

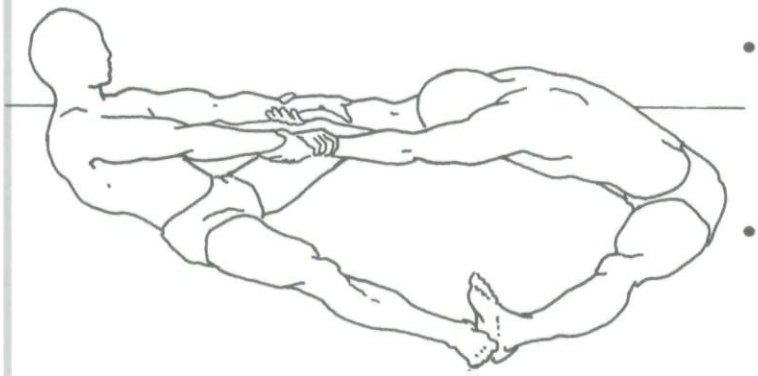


108

- Lie on your back with both legs raised vertically and spread.
- Your partner grasps both ankles as you lower your legs and assists in spreading them farther apart.



109



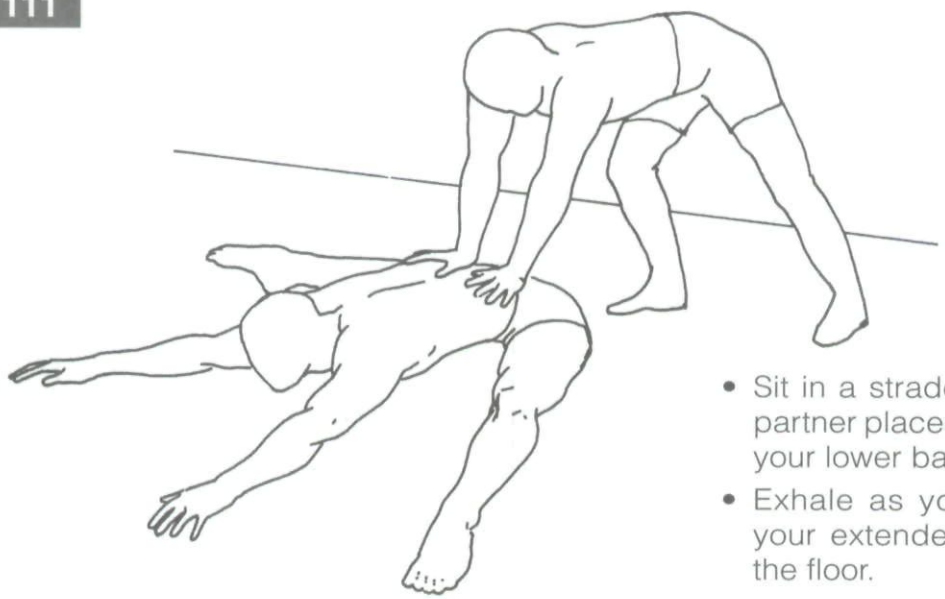
- Sit on the floor with your legs spread. Your partner assumes the same position with feet braced against yours. Lean forward and grasp each other's wrists.
- Exhale; keeping your legs straight, extend your upper torso and bend forward at the hips as your partner leans backward and pulls on your wrists.

110



- Sit on the floor with your legs spread and your buttocks against a wall.
- Exhale as your partner gently spreads your legs farther apart by grasping your ankles or shins.

111



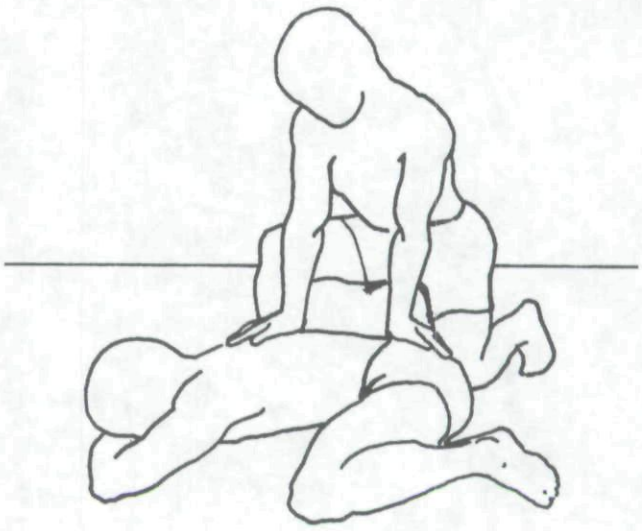
- Sit in a straddle position as your partner places his or her hands on your lower back.
- Exhale as your partner pushes your extended upper torso onto the floor.

NOTE Extend from the hips and do not round your upper back.

112

- Kneel with your toes pointing out to the sides. Rest your elbows on the floor.
- Exhale, spread your knees, and attempt to lower your chest to the floor.
- Your partner kneels at your side or directly behind you and places his hands on your buttocks and upper back.
- Exhale as your partner pushes to spread your knees and lower your pubic bone to the floor.

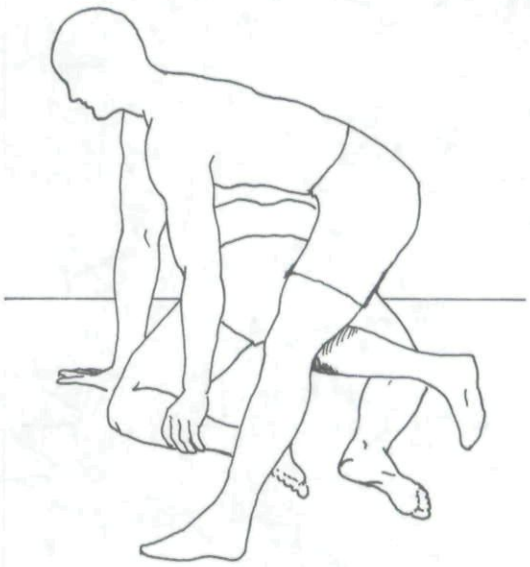
NOTE Be sure to communicate with your partner. This is a very intense stretch.



113

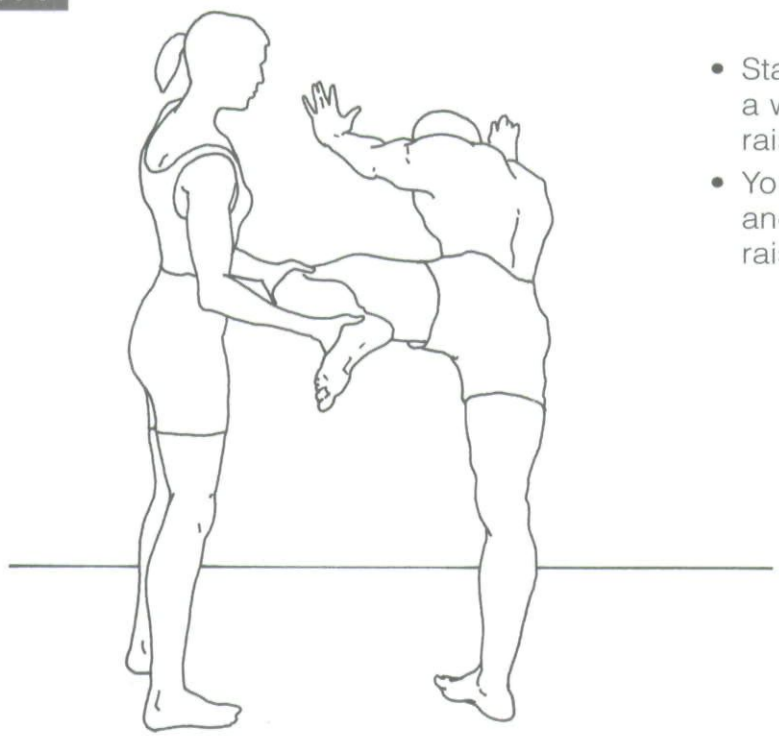
- Kneel on all fours with your toes pointing backward.
- Your partner stands on your right side, sliding his right leg between your legs, and hooks your right ankle or leg (grapevine). He reaches across your lower back and grasps your left knee.
- Your partner pulls your left knee from the floor and rolls to his right, with you following. When the roll is completed, your partner is on his back with your back and buttocks on his stomach and your legs spread. If necessary, your partner can hook his left foot over your right foot.
- Exhale as your partner gently pulls your legs apart.

Make sure your left knee is flexed to avoid excessive stress on the medial part.



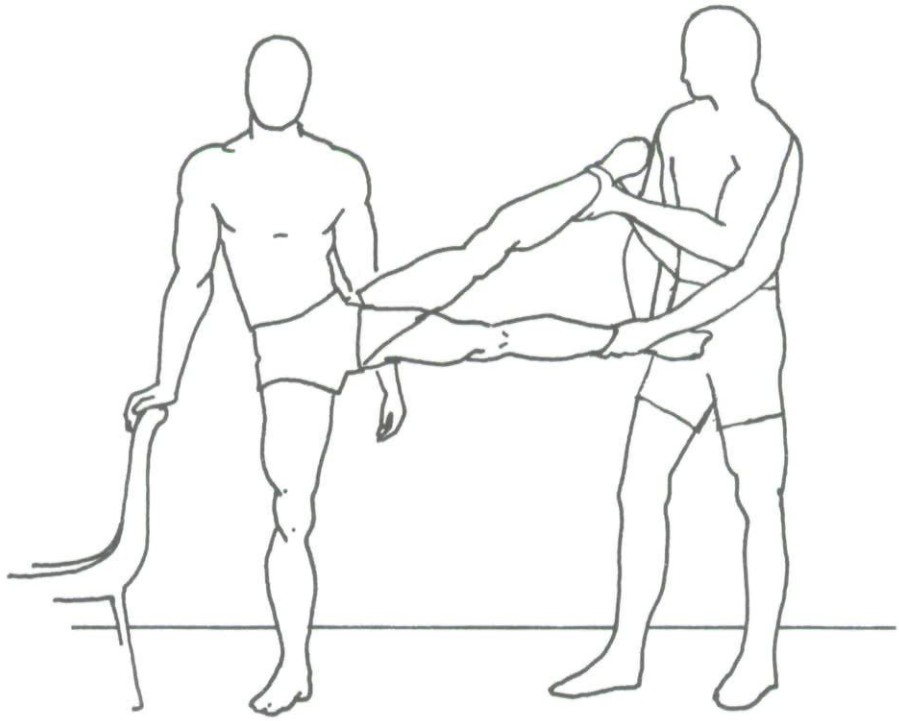


114



- Stand with your hands resting on a wall. Inhale, flex one knee, and raise it sideways.
- Your partner grasps your ankle and knee. Exhale as your partner raises your leg farther.

115



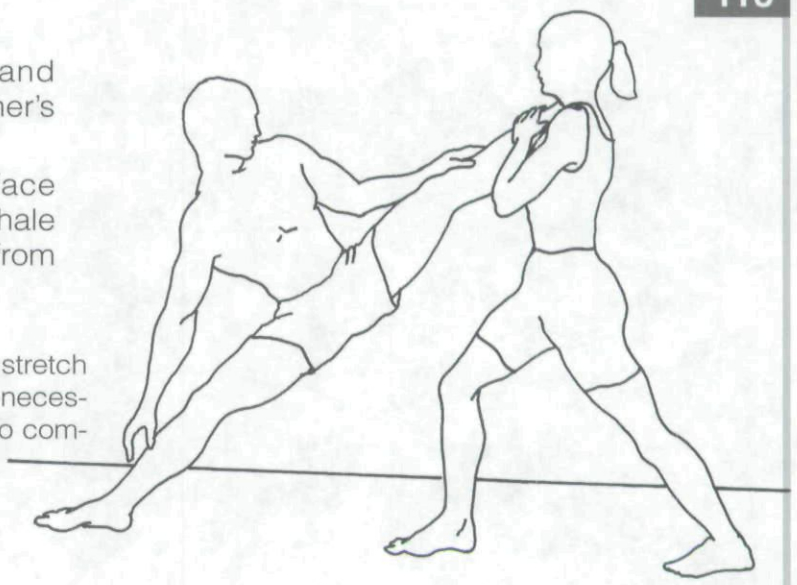
- Stand holding onto a surface for balance and raise one leg sideways.
- Your partner grasps your heel and lower leg above your ankle. Exhale as your partner raises your leg.

NOTE Concentrate on preventing your buttocks from protruding during this stretch. Be sure to communicate with your partner.

116

- Stand facing your partner and place your leg on your partner's shoulder.
- Turn your hip so your feet face away from your partner and exhale as your partner steps away from you.

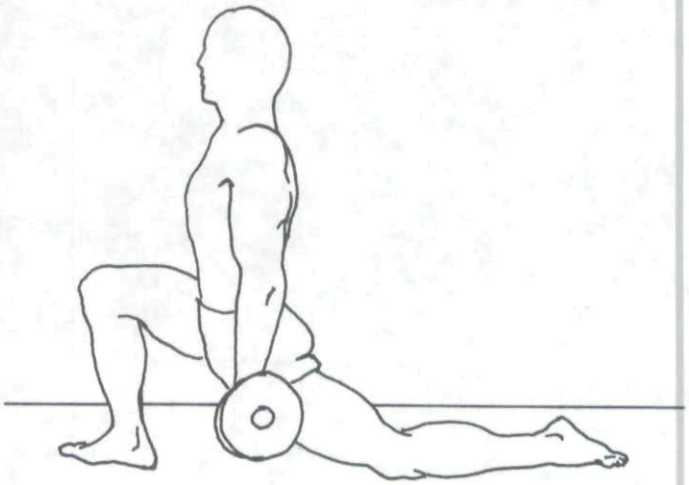
NOTE This is a very advanced partner stretch used in the martial arts; it is not necessary for most athletes. Be sure to communicate with your partner.



117

- Stand holding a pair of lightweight dumbbells with your legs parallel and feet shoulder-width apart.
- Step forward with one foot and lower your body until your back knee rests on the floor.
- Exhale and return to the starting position.

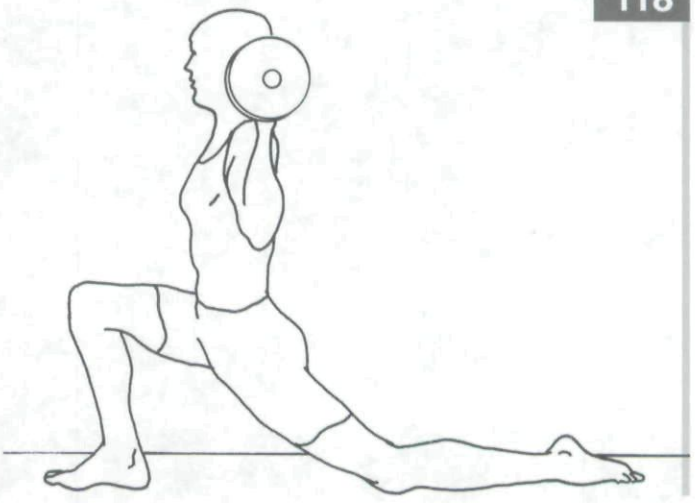
NOTE Start with a light weight, and do not lift the heel of your leading foot or allow your knee to go past your toes. The angle of your flexed knee should be no greater than 90 degrees.



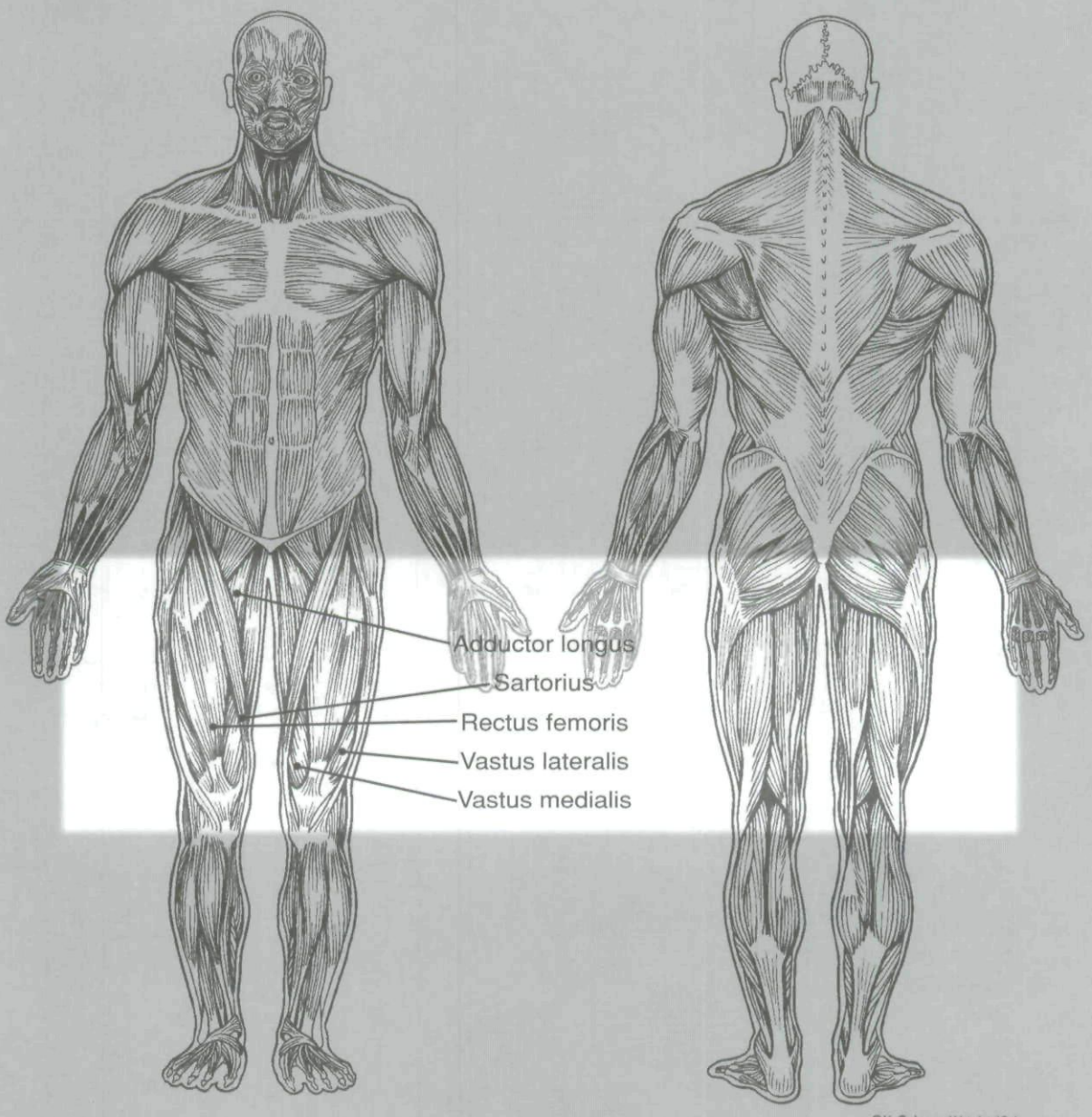
118

- Stand holding a lightweight barbell across your shoulders. Start with your legs parallel and feet shoulder-width apart.
- Step forward with one foot and lower your body until your back knee rests on the floor.
- Exhale and return to the starting position.

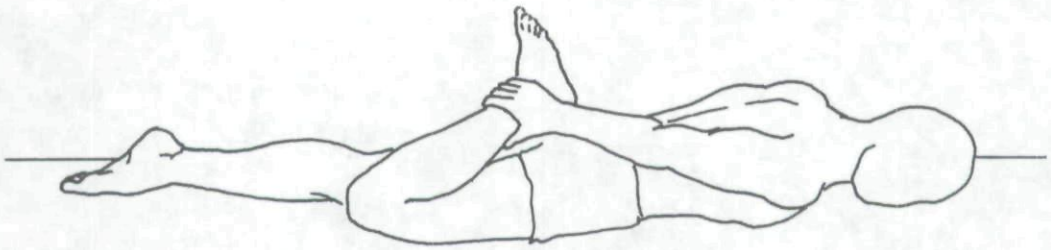
NOTE Be sure the angle of your flexed knee does not exceed 90 degrees.



QUADRICEPS


Adductor longus
Sartorius
Rectus femoris
Vastus lateralis
Vastus medialis
©K.GalasynWright '94

119

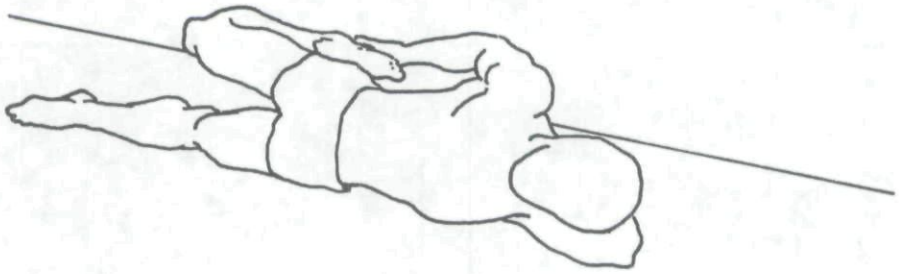


- Lie face down, flex one knee, and raise your heel toward your buttocks.
- Exhale, grasp your raised ankle, and pull your heel toward your buttocks without overcompressing the knee.

NOTE To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs).

Do not arch your lower back or twist your pelvis.

120

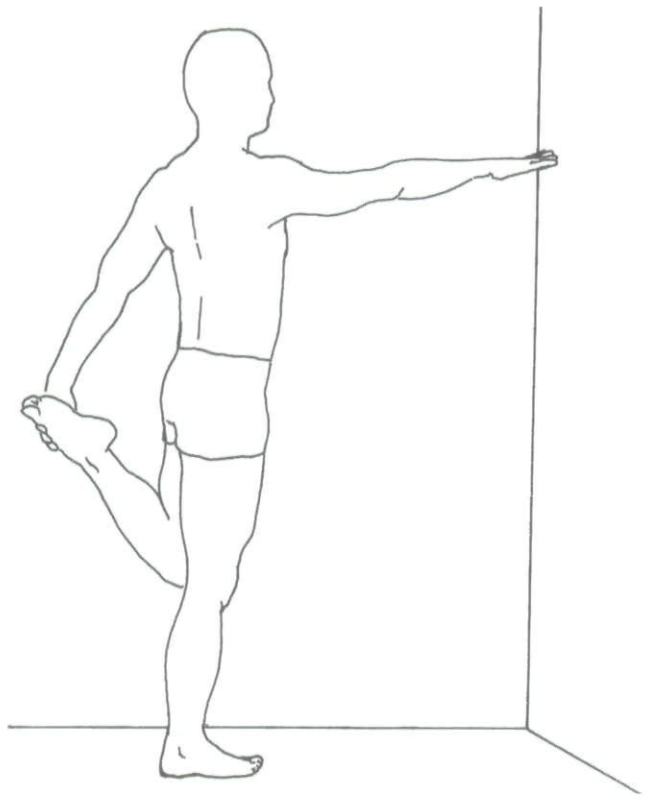


- Lie on your side, flex one knee, and raise your heel toward your buttocks.
- Exhale, grasp your raised ankle, and pull your heel toward your buttocks without overcompressing the knee.

NOTE To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs).

Do not arch your lower back or twist your pelvis.

121

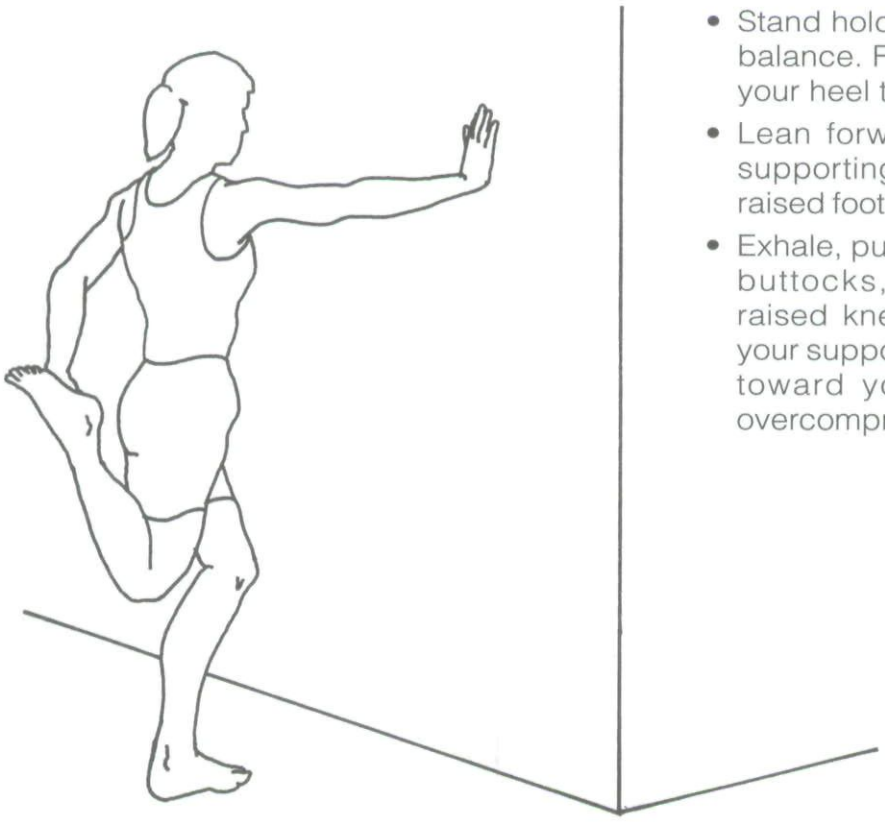


- Stand holding onto something for balance. Flex one knee and raise your heel to your buttocks.
- Slightly flex your supporting leg, exhale, and grasp your raised foot with one hand.
- Inhale and slowly pull your heel toward your buttocks without overcompressing the knee.

NOTE To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs).

Do not arch your lower back or twist your pelvis.

122



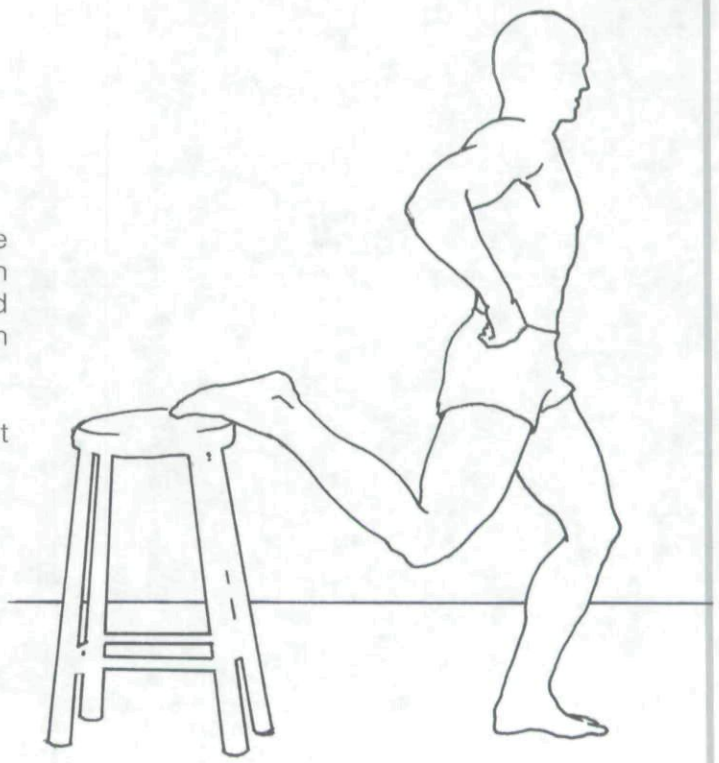
- Stand holding onto something for balance. Flex one knee and raise your heel to your buttocks.
- Lean forward, slightly flex your supporting leg, and grasp your raised foot with the opposite hand.
- Exhale, pull your heel toward your buttocks, and crisscross the raised knee behind the knee of your supporting leg. Pull your heel toward your buttocks without overcompressing the knee.

123

- Stand with the top of one foot resting on a chair behind you.
- Inhale and slowly flex your front knee.

NOTE To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs).

! Do not arch your lower back or twist your pelvis.

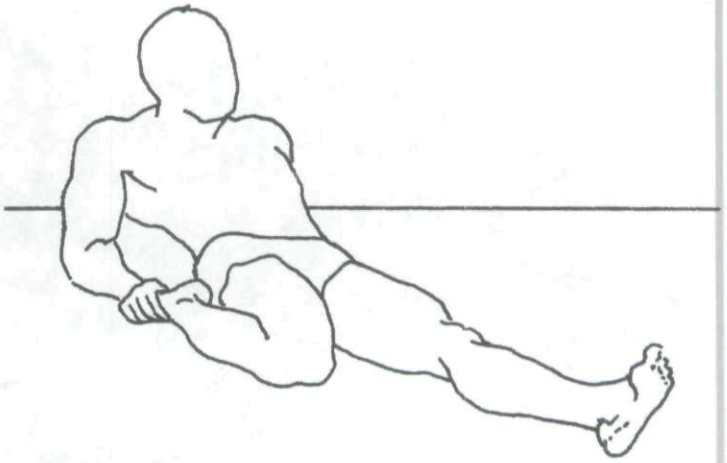


124

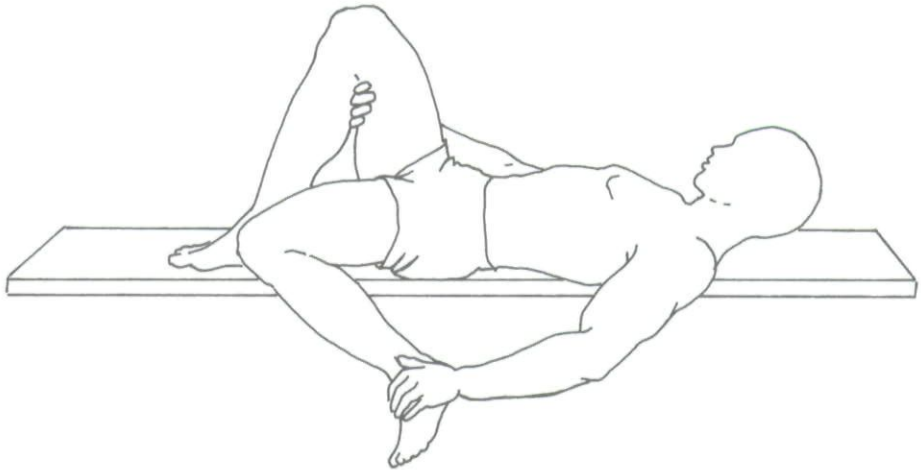
- Sit on the floor and bend your right leg behind you so that the inside of the knee and thigh are on the floor and the foot points along the line of the lower leg in a relaxed position.
- Exhale; lean diagonally back onto the forearm and elbow opposite your rear leg without arching your lower back. Continue leaning backward until you are flat on your back.

NOTE To increase the stretch, contract the gluteals and lift the hip off the floor.

! Do not let the foot of your rear leg flare out to the side. To guard against excessive stress on the lumbar spine, keep your forward leg in a slightly flexed position.



125

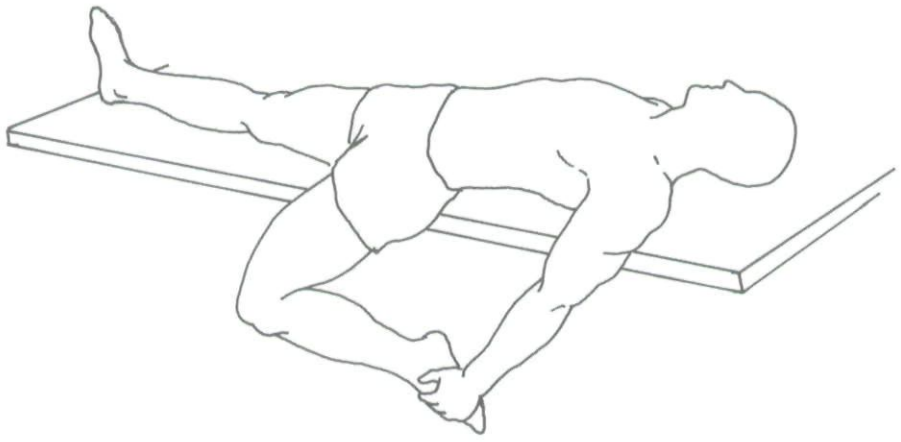


- Lie on your back on the edge of a table. Flex your inside leg and slide it toward your buttocks to help in anchoring your hips. Grasp the underside of the flexed knee with your inside hand.
- Exhale, lower your outside leg off the table at the hip, grasp the ankle or foot with your outside hand, and pull your heel toward your buttocks.

NOTE You should feel the stretch in the middle to upper thigh.

To protect your lower back, lift your head and contract your abdominal muscles.

126



- Lie on your back on the edge of a table. Exhale, lower your outside leg off the table at the hip, and grasp your ankle or foot with your outside hand.
- Exhale and pull your heel toward your buttocks.

NOTE You should feel the stretch in the middle to upper thigh.

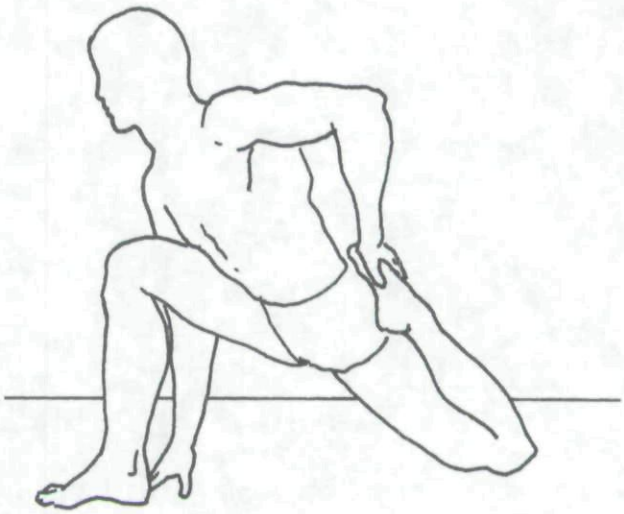
To protect your lower back, lift your head and contract your abdominal muscles.

127

- Squat with both hands on the floor for support and one leg resting on the floor.
- Grasp your rear foot and pull your heel toward your buttocks. Be careful to maintain parallel alignment of the hips, knees, and feet of both legs.

NOTE Use a sturdy chair for balance if needed.

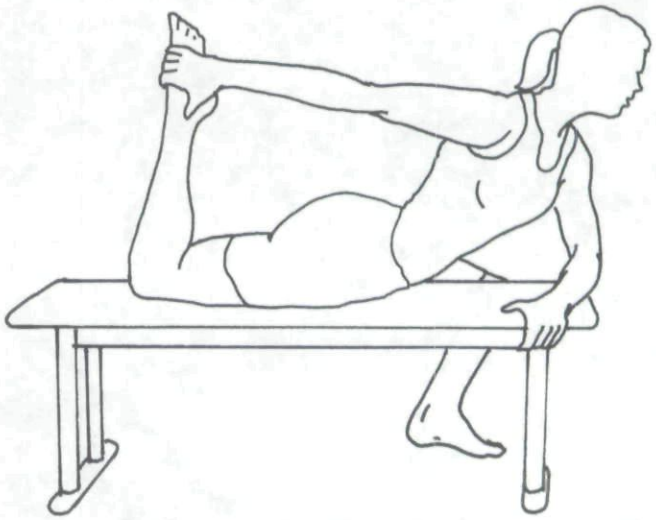
Do not arch your lower back, twist your pelvis, or place too much weight on the knee resting on the floor.



128

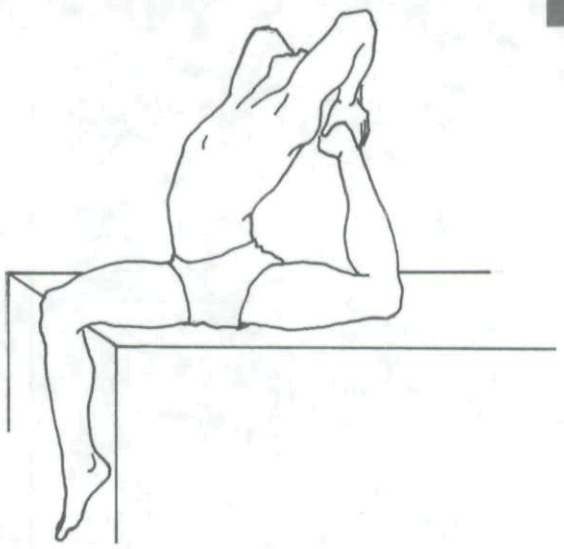
- Stand parallel to a bench or table, holding onto it for balance.
- Raise the leg closest to the bench and rest it on the surface. Flex your leg to your buttocks.
- Exhale and pull your heel toward your buttocks.

NOTE Use a rope or towel hooked around the ankle if needed.

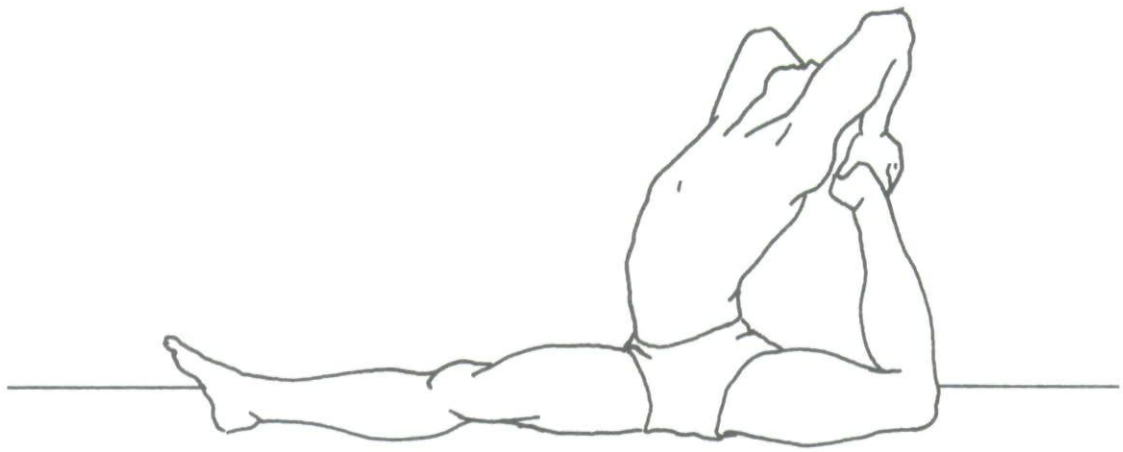


129

- Sit on the edge of an elevated platform (a pile of mats or a bed) about three feet above the floor with both legs hanging over the edge at the knee.
- Assume a split position with your back leg resting on the platform.
- Exhale, flex the rear knee, and slowly pull your heel toward your head.



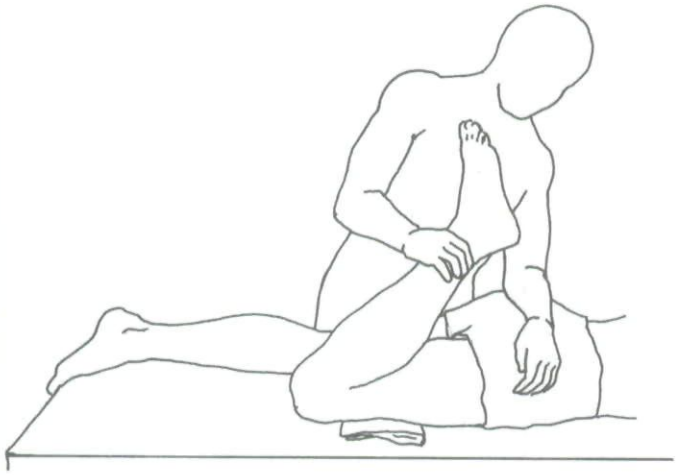
130



- Kneeling with both legs together and your hands at your sides, lift one knee and place your foot slightly in front for support.
- Bend at the hips, lower your upper torso onto your front thigh, and place your hands slightly in front of your front foot for support.
- Exhale, slide your front foot forward, and straighten your rear leg as you extend into the split position. Flex your rear leg and slowly pull your rear foot toward your head.

NOTE You should also feel this stretch in your hamstrings. To maximize the stretch, both legs must be straight, the hips squared (facing front, not twisted sideways), and the buttocks flat on the floor.

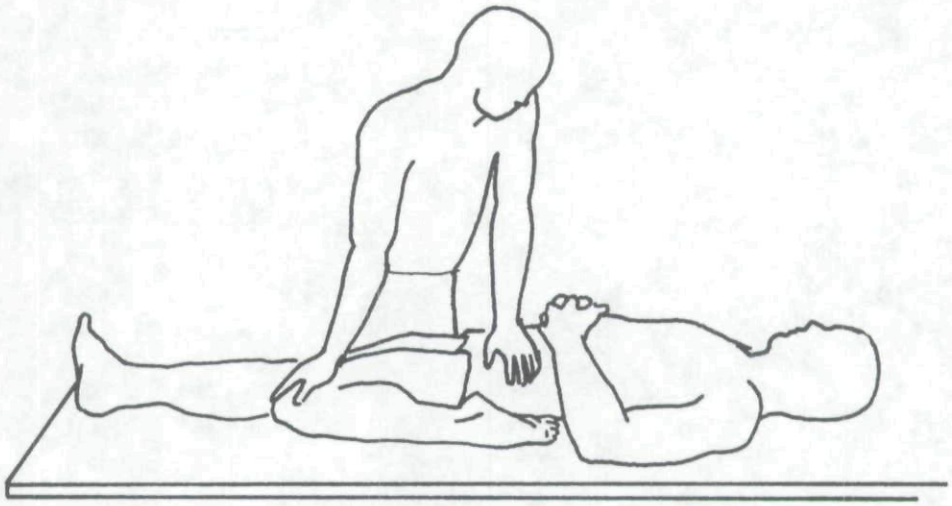
131



- Lie face down with one leg flexed toward your buttocks.
- Your partner anchors your buttocks or hips with one hand and grasps your ankle with the other.
- Exhale as your partner pushes your heel toward your buttocks without overcompressing the knee.

NOTE Place a cushion or folded towel under the stretched leg to reduce discomfort.

132



- Lie on a bench or table with your left leg flexed behind you so that the inside of your knee and thigh rest on the surface and your foot points toward your left shoulder.
- Your partner anchors your hip with one hand and your knee with the other.
- Exhale as your partner gently pushes down on your hip and knee.

NOTE To protect your knee, do not let the foot of your rear leg flare out to the side.

133

- Kneel with your toes pointing backward.
- Exhale and sit on the top of your heels.



Make sure your buttocks sit on top of your heels and not between your feet. Do not do this stretch if you have knee problems.

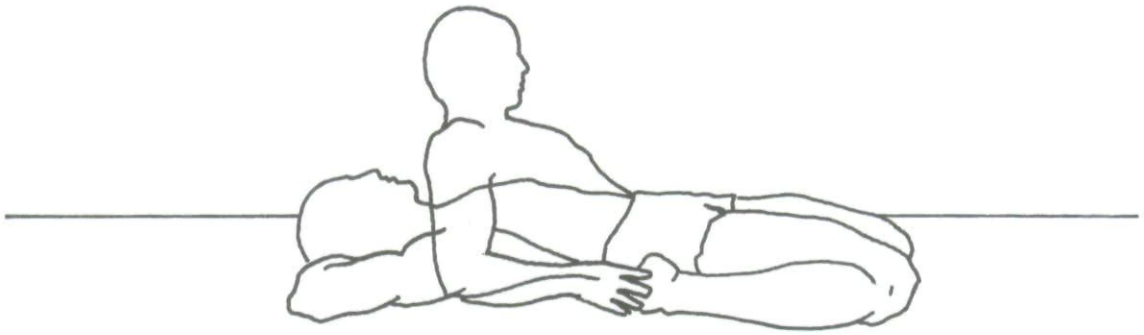
134



- Kneel with your knees together, buttocks on the floor, heels by the sides of your thighs, and toes pointing backward.
- Exhale and lean backward without letting your feet flare out to the sides.

Do not arch your back. Instead, contract your gluteals and rotate your pelvis backward. Do not allow your knees to rise off the floor or spread apart.

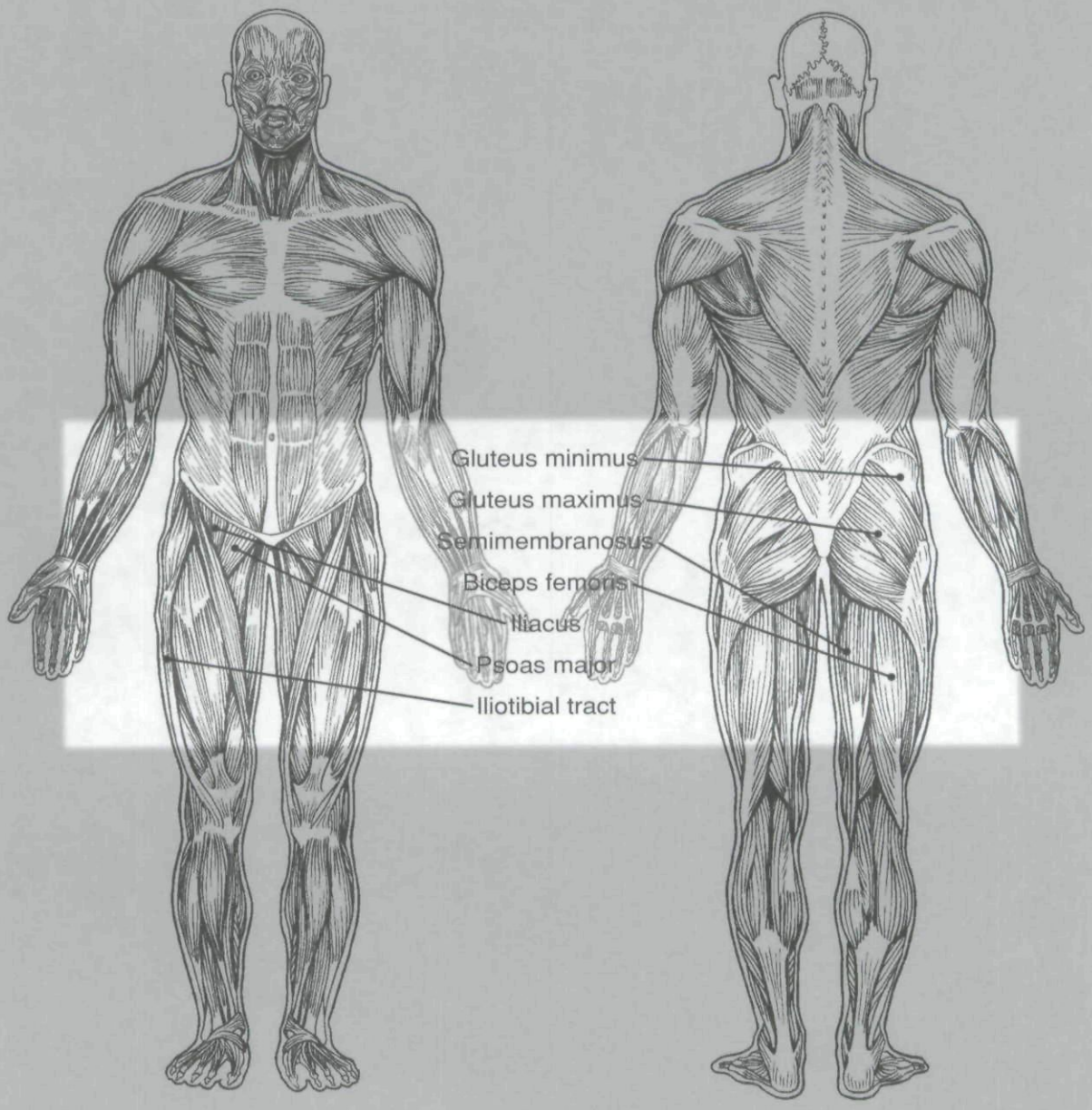
135



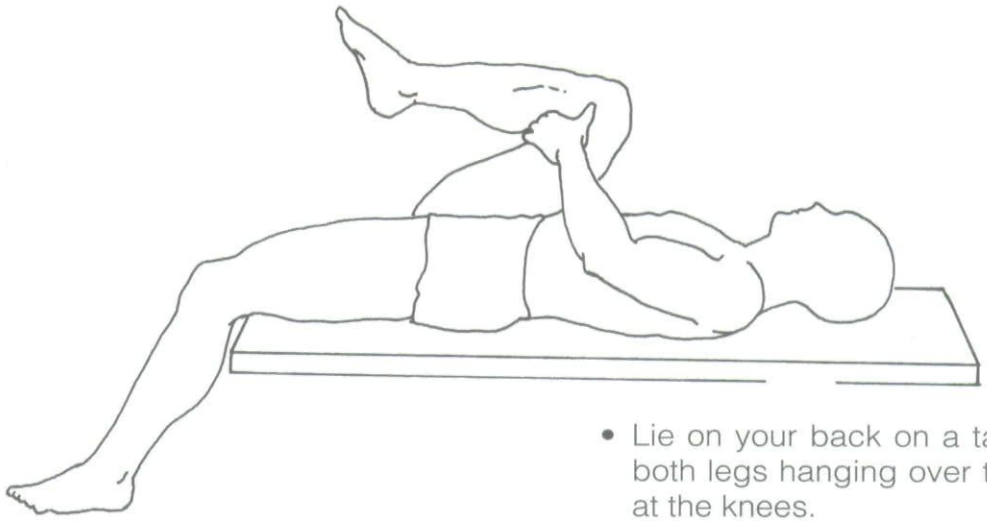
- Kneel with your knees together, buttocks on the floor, heels by the sides of your thighs, and toes pointing backward.
- Exhale as you continue leaning backward until you are flat on your back. Do not let your feet flare out to the sides.

NOTE Do not arch your back. Instead, contract your gluteals and rotate your pelvis backward. Do not allow your feet to flare out to the side or your knees to rise off the floor or spread apart.

HIPS AND GLUTEALS

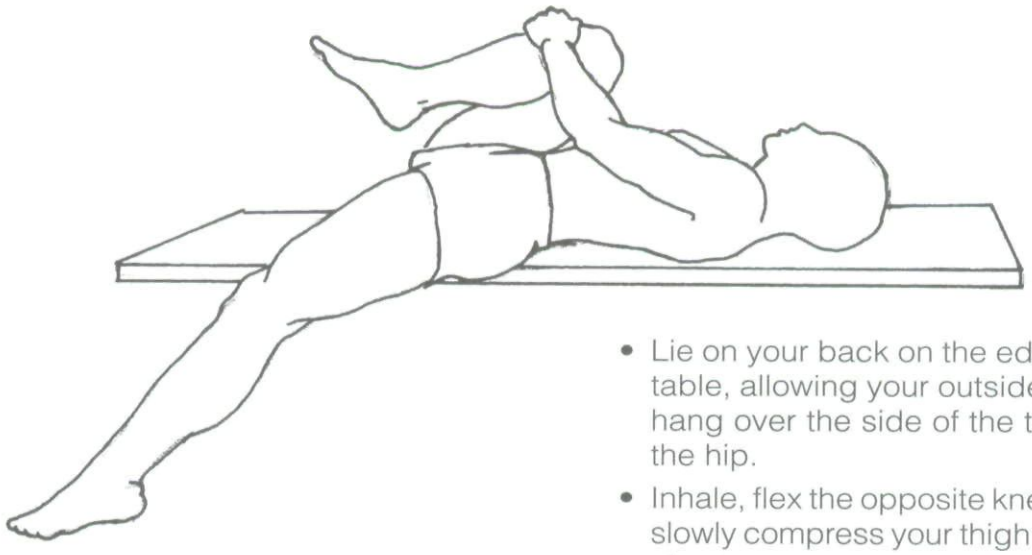


136



- Lie on your back on a table with both legs hanging over the edge at the knees.
- Inhale, flex one hip, and raise your knee toward your chest; interlock your hands behind the raised knee.
- Inhale and bring your knee to your chest as you keep the opposite leg hanging over the edge.

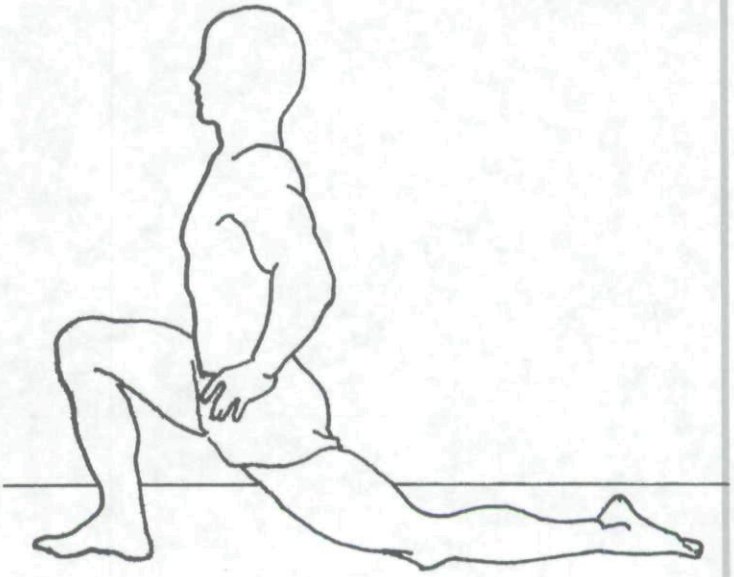
137



- Lie on your back on the edge of a table, allowing your outside leg to hang over the side of the table at the hip.
- Inhale, flex the opposite knee, and slowly compress your thigh to your chest.

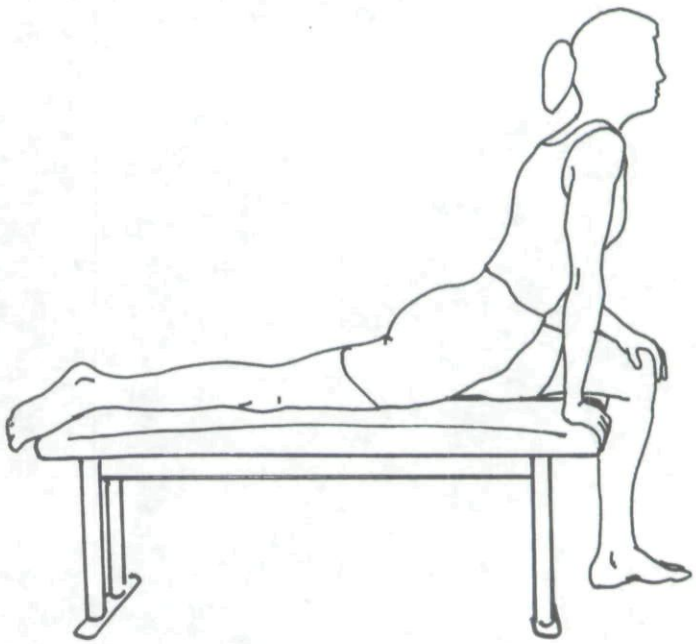
138

- Stand with your legs spread about two feet apart. Flex one knee, lower your body, and place the opposite knee on the floor.
- Roll your back foot under so that the top of the instep rests on the floor.
- Place your hands on your hips (or one hand on your forward knee and one hand on your buttocks) and keep your front knee bent at a 90-degree angle.
- Exhale and push the front of the hip of your back leg toward the floor.

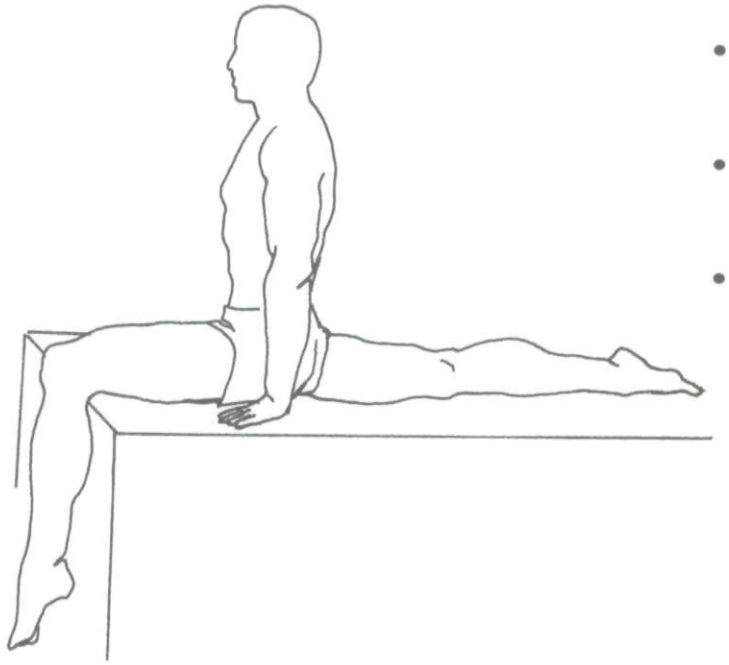


139

- Stand parallel to a three-foot-high (one-meter-high) bench or table.
- Flex your knees and place your inside hand on the face of the bench for balance.
- Swing the leg closest to the bench back into a split position with your leg on the bench.
- Exhale and push down (press up) on the bench with the supporting hand. Keep your hips squared and turned under.

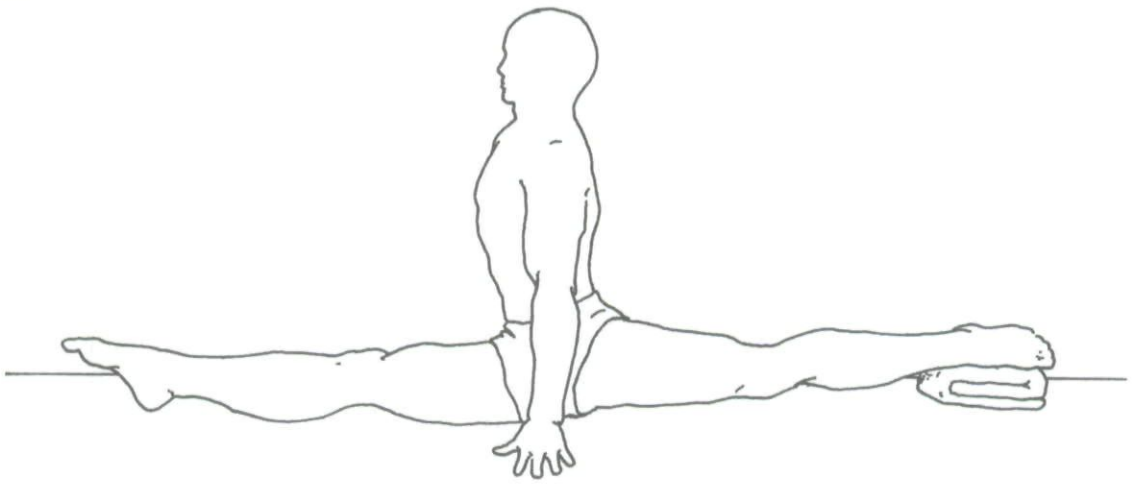


140



- Sit on an elevated platform (a pile of mats or a bed) about three feet (one meter) above the floor.
- Swing one leg back, assuming a split position with the leg resting on the platform.
- Exhale and push down (press up) on the platform with both hands. Keep your hips squared and turned under.

141

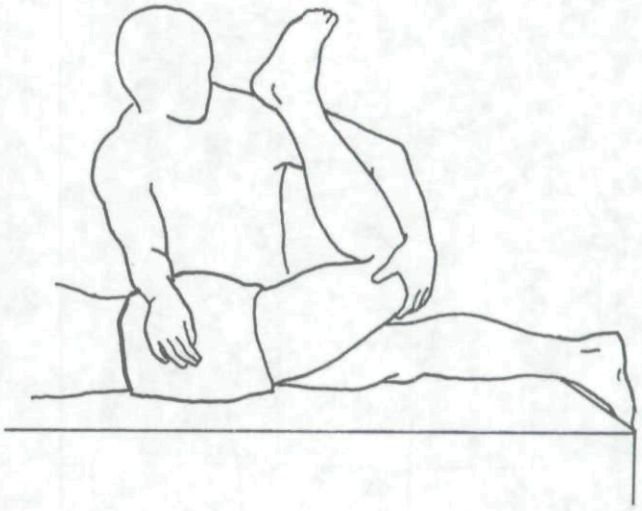


- Kneeling with both legs together and your hands at your sides, lift one knee and place your foot slightly in front for support.
- Exhale, bend at the hips, lower your upper torso onto your front thigh, and place your hands slightly in front of your front foot.
- Slide your front foot forward and straighten your rear leg and rest it on a folded mat as you extend into the split position.

NOTE For aesthetic reasons, some advocate a slight turnout of the rear hip when doing the splits. However, due to tight hip flexors or improper training, this turnout can be too extreme for many individuals.

142

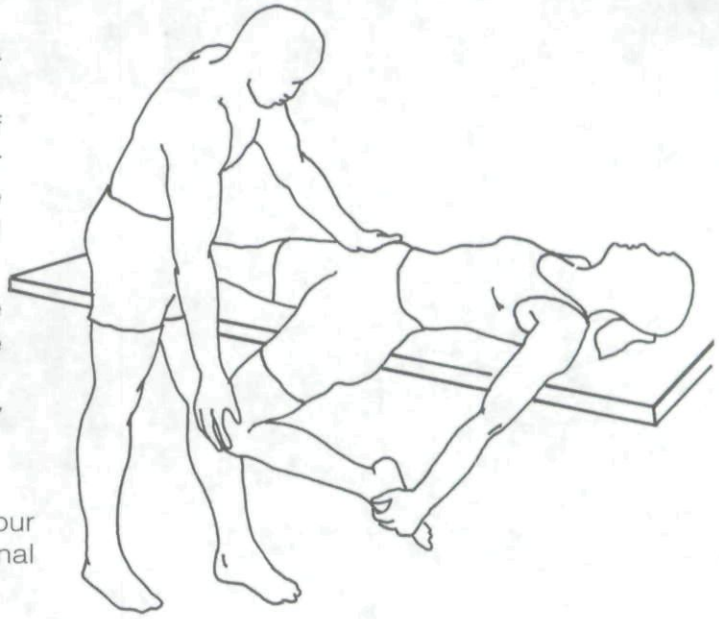
- Lie face down with one knee flexed.
- Your partner places one hand under your knee (on front of the thigh) and the other slightly above or on the side of your buttocks.
- Contract your gluteals as your partner anchors your abdomen to the table or floor with one hand and gently lifts your leg higher with the other.



This exercise creates an intense stretch. Be sure to communicate with your partner.

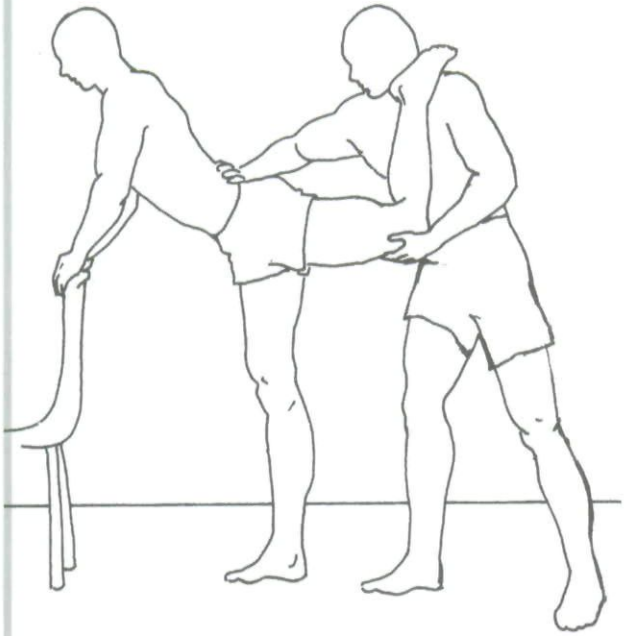
143

- Lie on your back on the edge of a table.
- Exhale, lower your outside leg off the table at the hip, and grasp your ankle or foot with your outside hand, pulling your heel toward your buttocks.
- Your partner stands at your side with one hand on your left knee and the other on your right hip. Exhale as your partner gently presses on your hip and knee.



To protect your lower back, lift your head and contract your abdominal muscles.

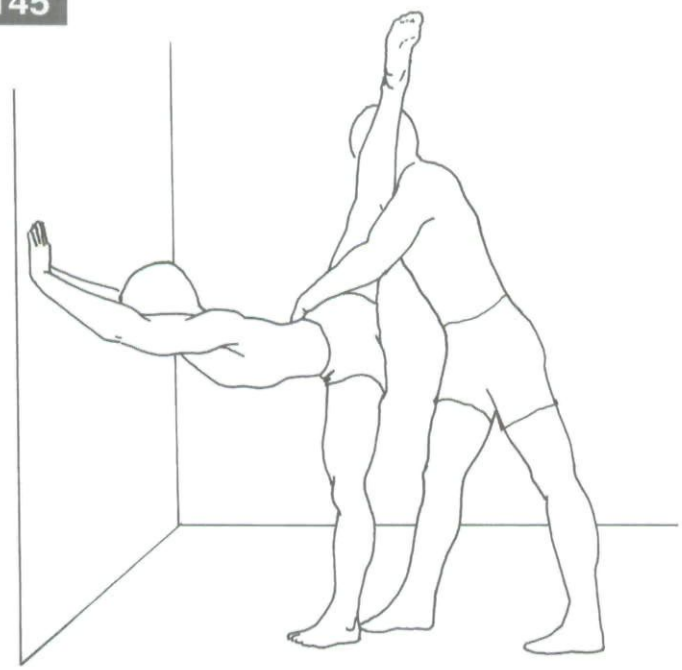
144



- Stand with one foot turned slightly outward. Hold onto a surface for balance.
- Exhale, bend at your hips, and flex the raised knee.
- Your partner places one hand under your raised knee and the other above your buttocks.
- Inhale as your partner anchors your body with one hand and lifts your raised leg with the other.

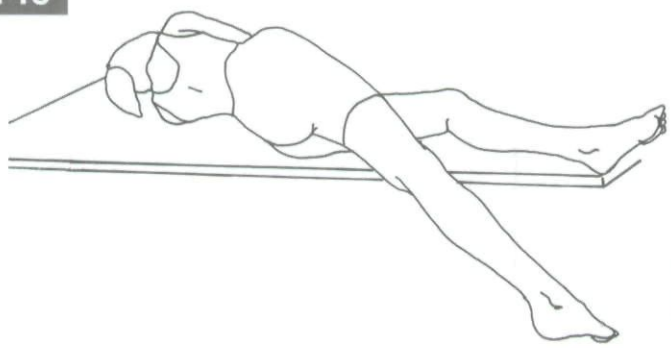
Hyperextending the back when performing an arabesque can cause injury. Spread the extension through all the joints of the spine instead of forcing it all to the bottom of the spine.

145



- Stand with one foot turned slightly outward. Hold onto a surface for balance.
- Exhale, bend at your hips, and raise your leg behind you, keeping it straight.
- Your partner stands behind you, rests your raised thigh on his shoulder, reaches over your raised leg, interlocks his fingers, and places his hands on your upper buttocks.
- Inhale as your partner anchors your body with one hand and raises your extended thigh up and forward with his shoulder.

146

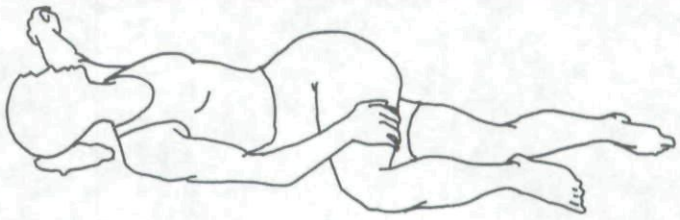


- Lie on your side on the edge of a table with your legs extended.
- Exhale and extend and adduct one leg so it hangs over the edge.

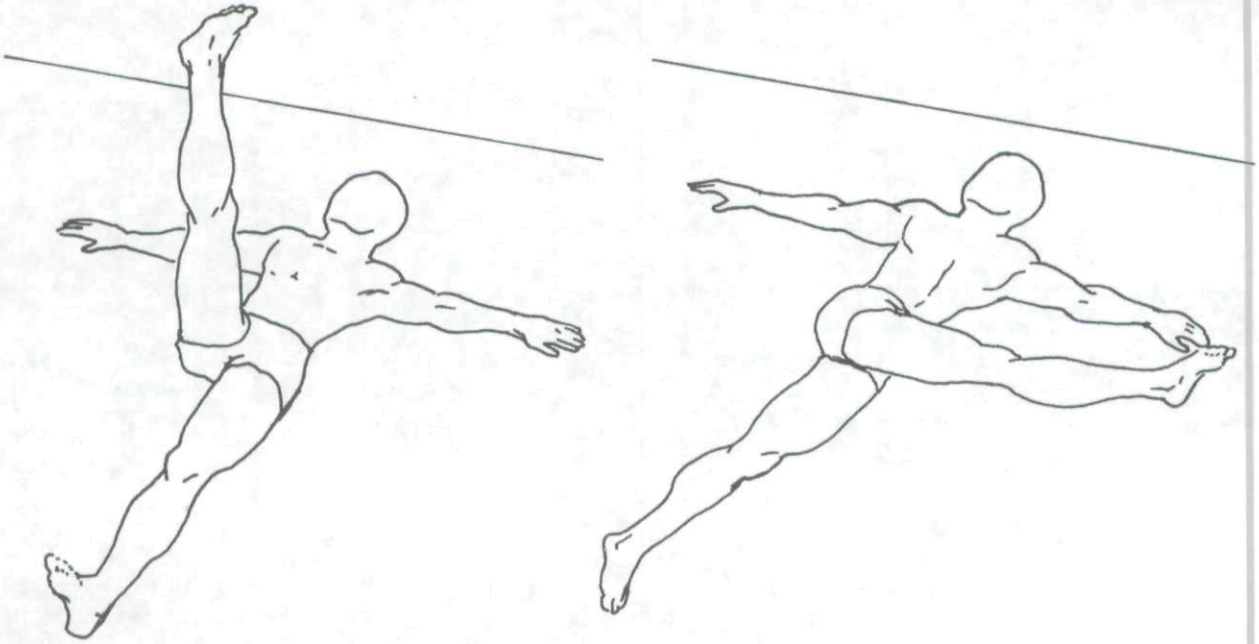
NOTE You should feel this stretch in the iliotibial band.

147

- Lie on your back with your legs extended.
- Flex one knee, raise it to your chest, and grasp it with the opposite hand.
- Exhale and pull your knee across your body to the floor, keeping your elbows, head, and shoulders flat on the floor.

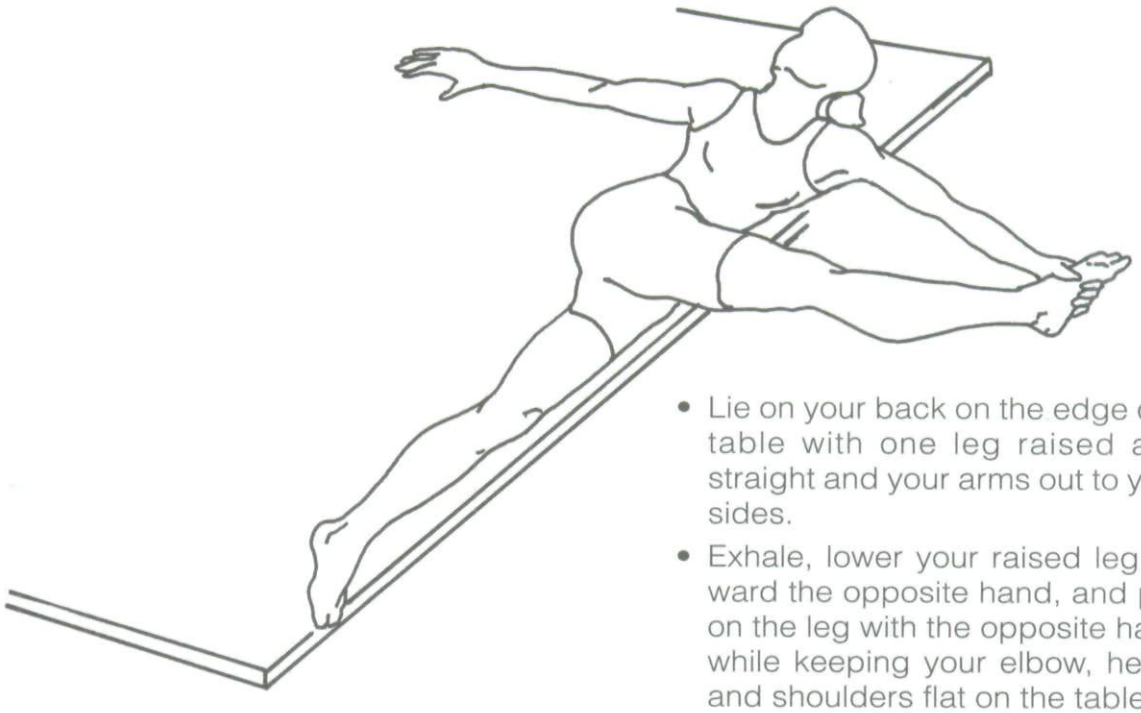


148



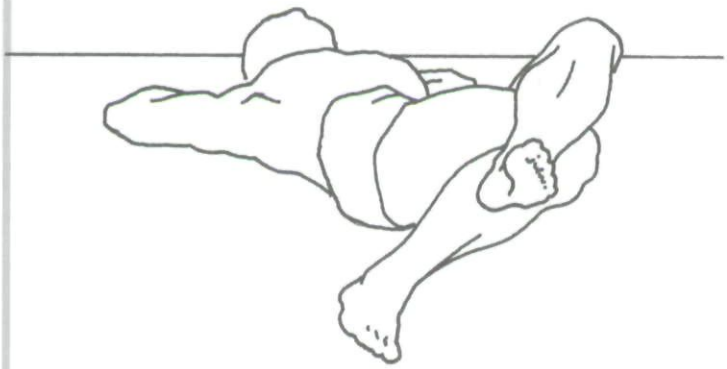
- Lie on your back with one leg raised and straight and your arms out to your sides.
- Exhale and lower your raised leg toward the opposite hand, keeping your elbows, head, and shoulders flat on the floor.

149



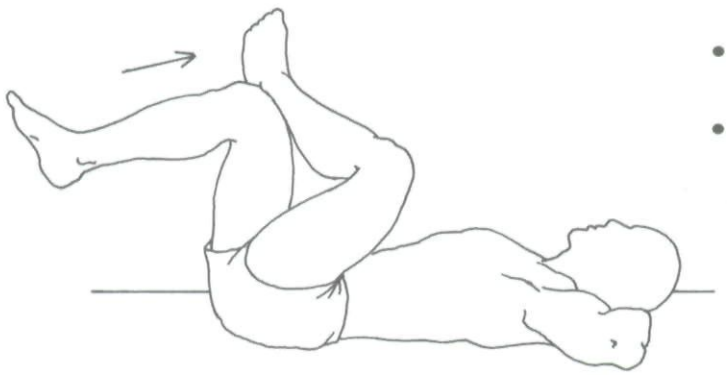
- Lie on your back on the edge of a table with one leg raised and straight and your arms out to your sides.
- Exhale, lower your raised leg toward the opposite hand, and pull on the leg with the opposite hand while keeping your elbow, head, and shoulders flat on the table.

150



- Lie on your back, knees flexed, and hands interlocked under your head.
- Lift your left leg and hook it over your right leg.
- Exhale and use your left leg to force the inside of your right leg to the floor, keeping your elbows, head, and shoulders flat on the floor.

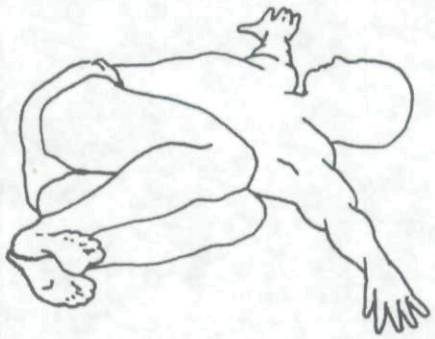
151



- Lie on your back with your left leg crossed over your right knee.
- Exhale and flex your right knee, lifting your right foot off the floor, and let it slowly push your left foot toward your face, keeping your head, shoulders, and back flat on the floor.

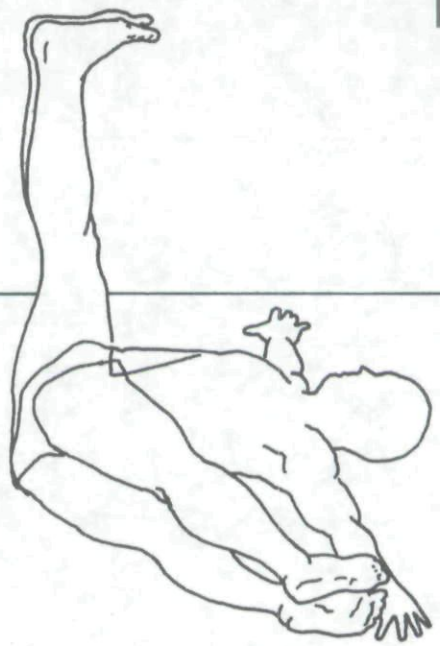
152

- Lie on your back with your knees flexed and arms out to the sides.
- Exhale and lower both legs to the floor on the same side, keeping your elbows, head, and shoulders flat on the floor.



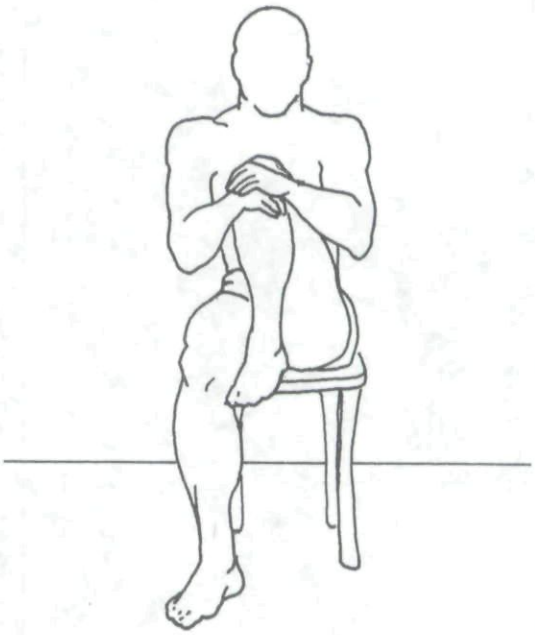
153

- Lie on your back with your legs raised straight and arms out to the sides.
- Exhale and lower both legs to the floor on the same side, keeping your elbows, head, and shoulders flat on the floor.

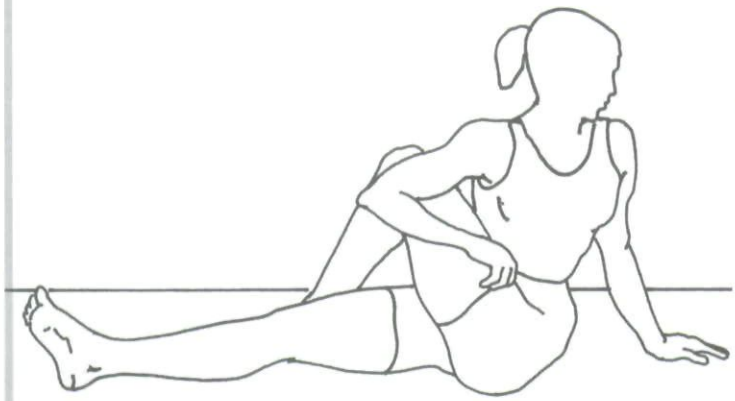


154

- Sit on a chair with one leg flexed and your heel resting on the chair edge. Interlock both hands and grasp your raised knee.
- Exhale and pull your knee to and across your body as your heel remains flat on the chair.

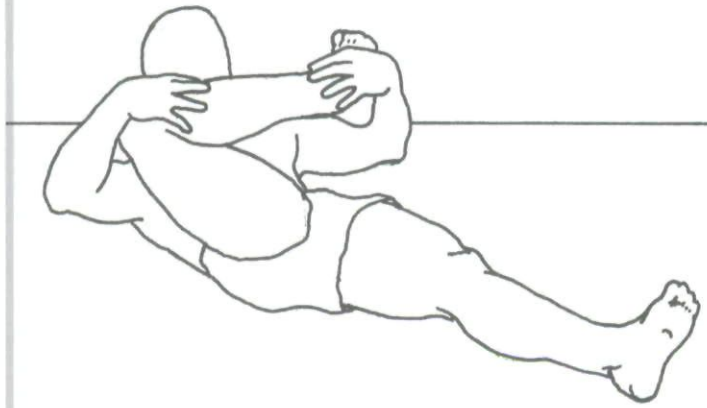


155



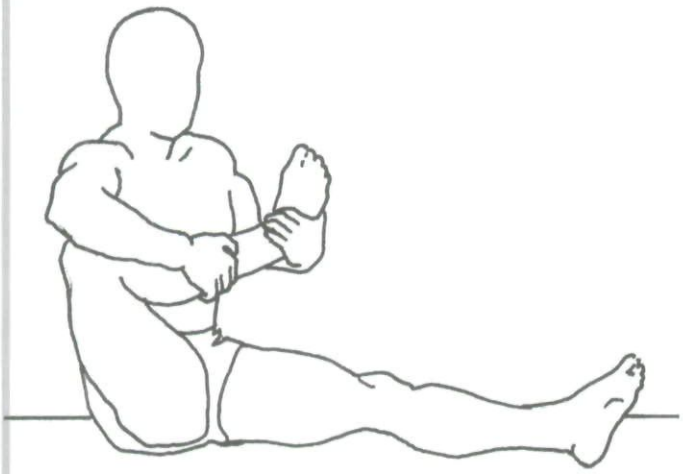
- Sit on the floor with your hands behind your hips and your legs extended.
- Cross your left foot over your right leg and slide your heel toward your buttocks. Place your right elbow on the outside of your left knee.
- Exhale and look over your left shoulder while turning your trunk and gently pushing on your knee with your right elbow.

156



- Lie on the floor, flex one leg, and slide the heel toward your buttocks.
- Grasp your knee with the same-side hand and your ankle with the opposite hand.
- Exhale and pull your foot to the opposite shoulder, keeping your shoulders and back flat on the floor.

157



- Sit on the floor with your back against a wall. Flex one leg and slide your heel toward your buttocks.
- Hook your knee with the same-side elbow and grasp your ankle with the opposite hand.
- Exhale and pull your foot to the opposite shoulder.

NOTE Keep your back straight and upright.

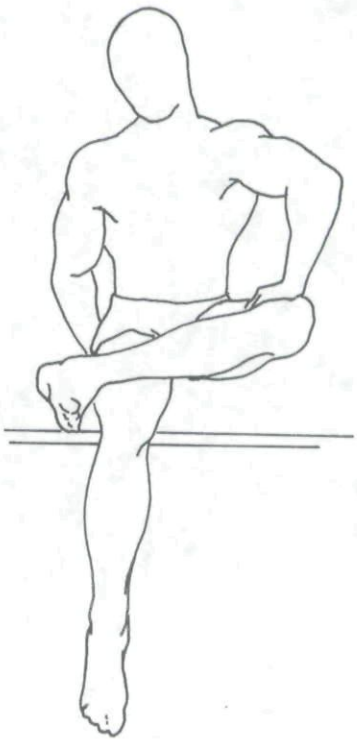
158

- Sit on the floor and cross one knee over the over.
- Exhale and lean forward.



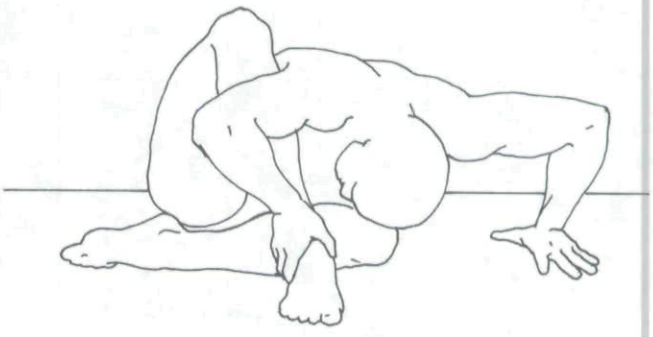
159

- Sit on a chair or on the floor with one leg crossed over the opposite knee.
- Place your hand on the medial part of your knee, exhale, and lean forward.



160

- Sit on the floor and flex your left knee so that your left foot points to your right.
- Cross your right leg over your left leg and place your right foot flat on the floor.
- Exhale, bend your upper torso forward, and place your head on your bottom knee.



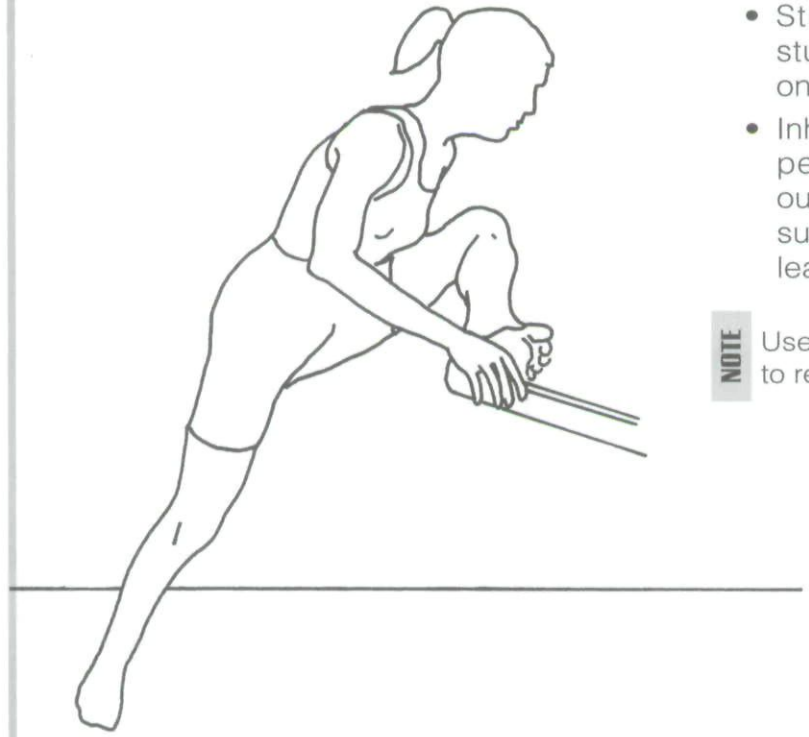
161



- Sit on the floor with both legs straight and your palms flat on the floor by your hips with your fingers pointing toward your feet.
- Flex your right knee and place your right foot on the floor so that the heel touches your left knee. Do not let your right leg rise off the floor.
- Inhale and extend your left leg behind you. The front of your left thigh, kneecap, shin, instep, and the upper part of your toes should rest on the floor. Exhale and push your right hip into the floor.

NOTE Intensify this stretch by moving your right foot away from the thigh until your upper and lower legs form a right angle.

162

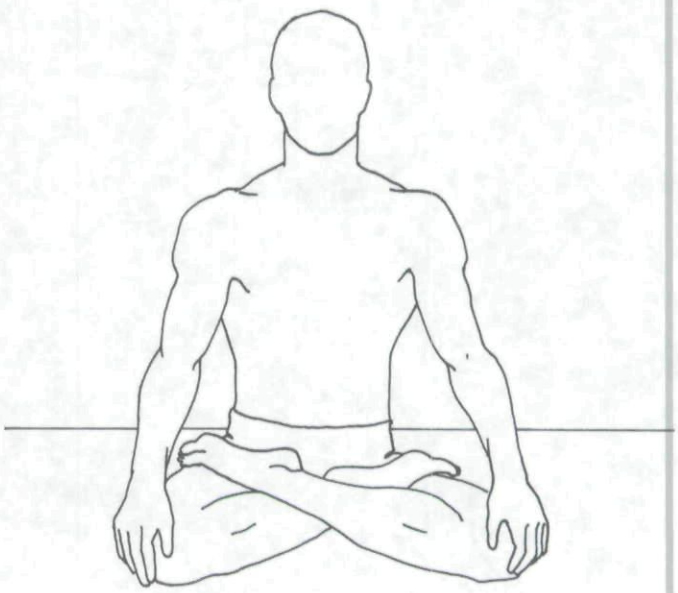


- Stand an arm's length from a sturdy hip-height surface. Hold onto the surface.
- Inhale, flex one knee, move your pelvis forward, and place your outer thigh, calf, and ankle on the surface of the bench. Exhale and lean forward.

NOTE Use a padded bench or a folded towel to reduce discomfort.

163

- Sitting on the floor, flex your right knee and place your right foot as high as possible on your left thigh with the sole of your foot turned up.
- Exhale, flex your left knee, and place it as high as possible on your right thigh with the sole turned up and without forcing the stretch.

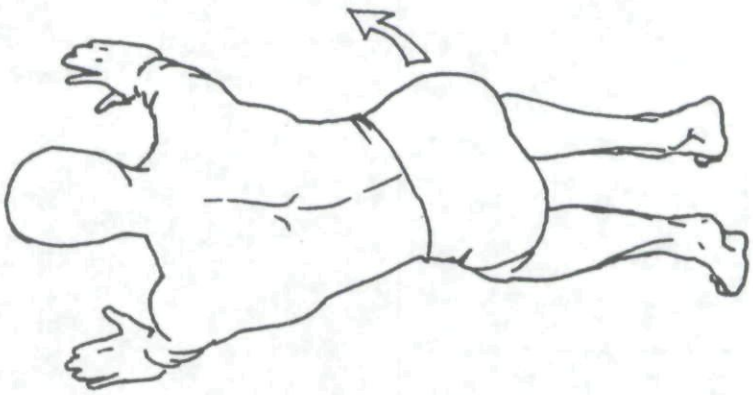


NOTE This stretch, called the Padma or Lotus, is one of the most important meditative poses in yoga.



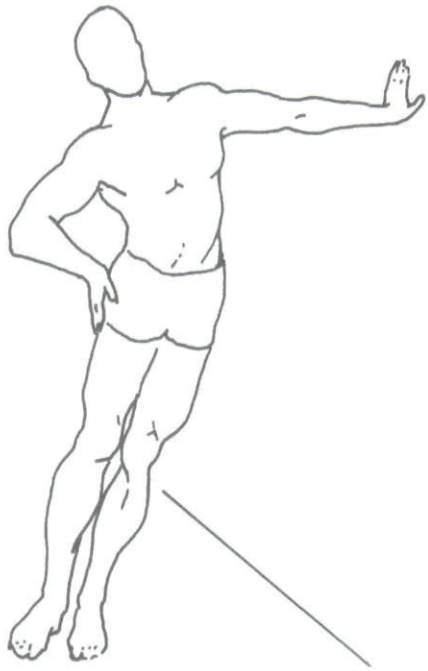
This stretch is not recommended for individuals with knee problems.

164



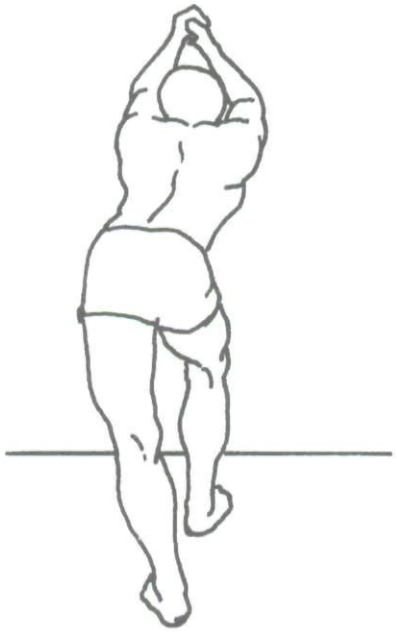
- Kneel on all fours.
- Exhale, flex one arm, and rotate your hip out to that side.

165



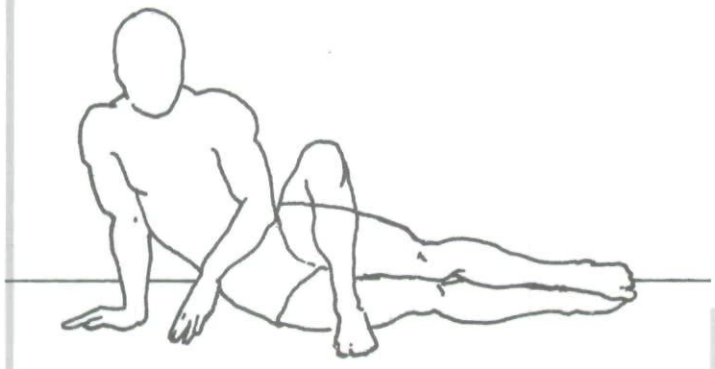
- Stand slightly more than an arm's length from a wall.
- Place one hand on the wall and the heel of your other hand on the back of your hip joint.
- Exhale; keeping your legs straight, contract your buttocks and rotate your hips slightly forward and in toward the wall.

166



- Stand slightly more than an arm's length from a wall.
- Bend one leg forward and lean against the wall without losing the straight line of your head, neck, spine, pelvis, rear leg, and ankle.
- Keep the heel of your rear leg flat and parallel to your hips as you rotate the hip outward.

167

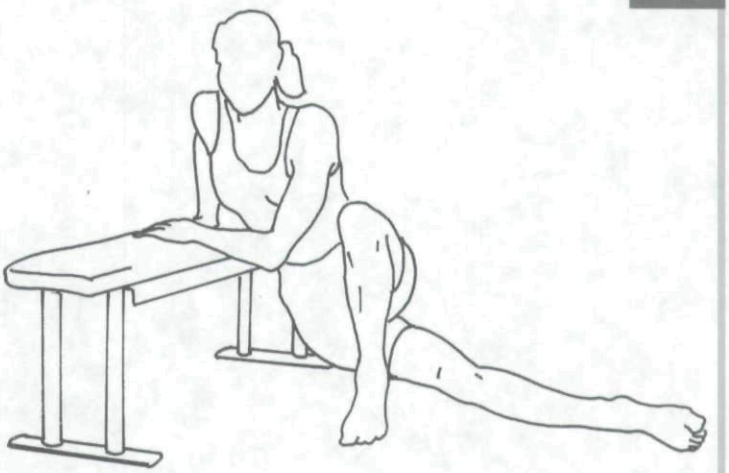


- Lie on your side with your knees and hips extended in a straight line with your torso.
- Exhale and push up to a resting position on your hip, placing your arm directly under your shoulder and bearing weight on your extended arm and hand.

NOTE You may have to place your opposite foot on the floor to stabilize your pelvis.

168

- Sit on the floor with your arms straight and hands resting on the surface of a bench. Extend your legs laterally.
- Exhale and turn your body laterally, crossing your left leg over your right knee and placing your left foot on the floor.
- Exhale, bend the supporting arms, and allow the extended leg to slide away from the bench while attempting to lower your hip to the floor.



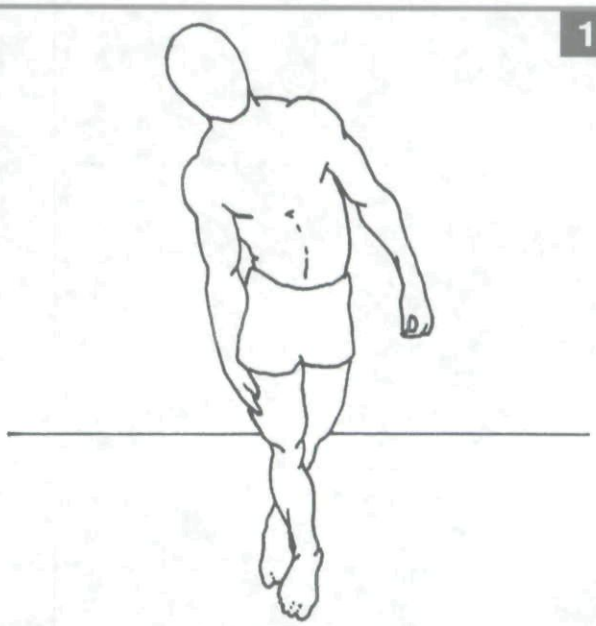
NOTE This stretch is used by dancers to correct a snapping hip.



Do not do this stretch if you have a history of lateral ligament injury to the knee.

169

- Stand with your hands at your sides and extend and adduct your left leg as far as possible.
- Exhale and flex your trunk laterally toward your right side, keeping your hands by your hips.

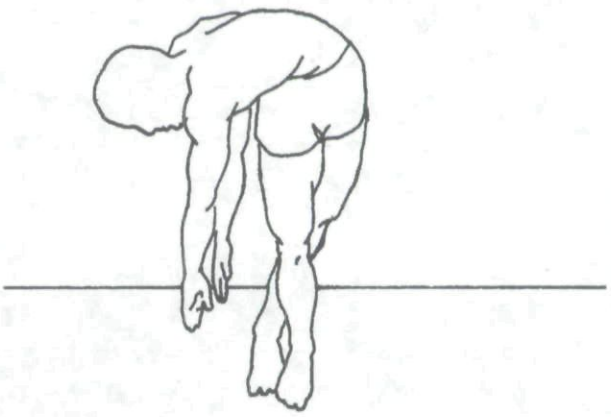


170

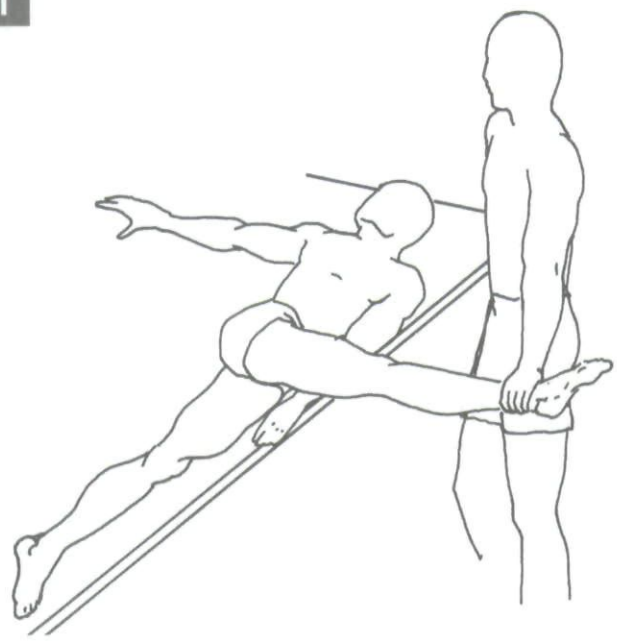
- Stand with your hands at your sides and extend and adduct your left leg as far as possible.
- Exhale and flex your torso laterally toward your right side. Try to touch the heel of your left leg with both hands.
- Exhale, round your upper torso, and return to the starting position.



This is a severe stretch since it incorporates both spinal flexion and rotation.



171



- Lie on your back on the edge of a table with one leg raised and straight and your arms out to the sides.
- Lower your raised leg to the opposite side for your partner to grasp.
- Exhale as your partner pushes down on your hanging leg, keeping your head and shoulders flat on the table.

NOTE Be sure to communicate with your partner.

172



- Lie on your back with your knees flexed and your hands interlocked beneath your head.
- Hook your right leg over your left leg.
- Your partner anchors your body with one hand on your hip and the other on your right knee.
- Exhale as your partner gently pushes your right leg to the floor, keeping your elbows, head, and shoulders flat on the floor.

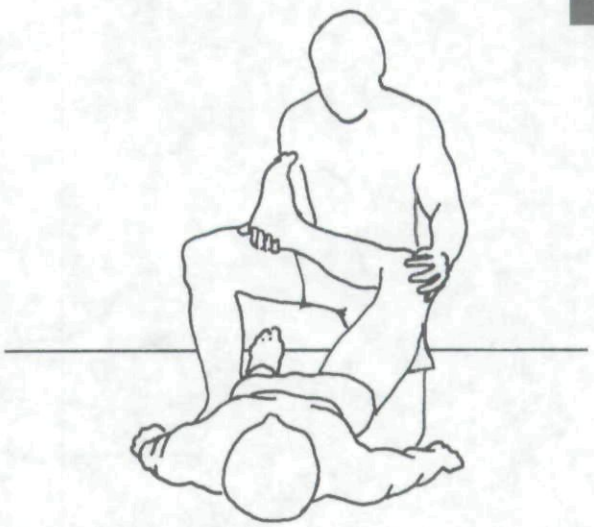
173



- Lie face down on a table with your body extended. Flex the leg nearest the table edge.
- Your partner anchors your body with one hand and grasps the ankle of the flexed leg with the other. Exhale as your partner pushes your leg toward the opposite side.

174

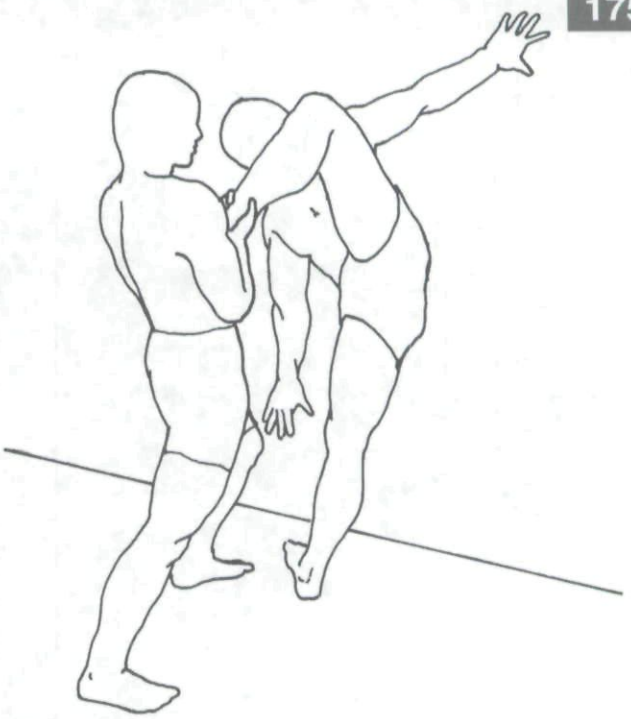
- Lie on your back and raise one leg so your thigh is nearly vertical and your knee is flexed.
- Exhale and move the foot of the raised leg in toward your body.
- Your partner holds your knee and ankle on the side to be stretched.
- Exhale as your partner moves your foot toward your body.



175

- Stand with your right side against a wall, flex your left knee, and raise your right foot.
- Your partner stands in front of you and grasps your raised leg in a flexed position.
- Exhale as your partner pushes your leg, bending your knee even farther.

NOTE This is an advanced stretch used in the martial arts.



176

- Lie face down on a table and flex the leg nearest the table edge.
- Your partner anchors your body with one hand and grasps your flexed lower leg with the other.
- Exhale as your partner pulls your leg away from your body.

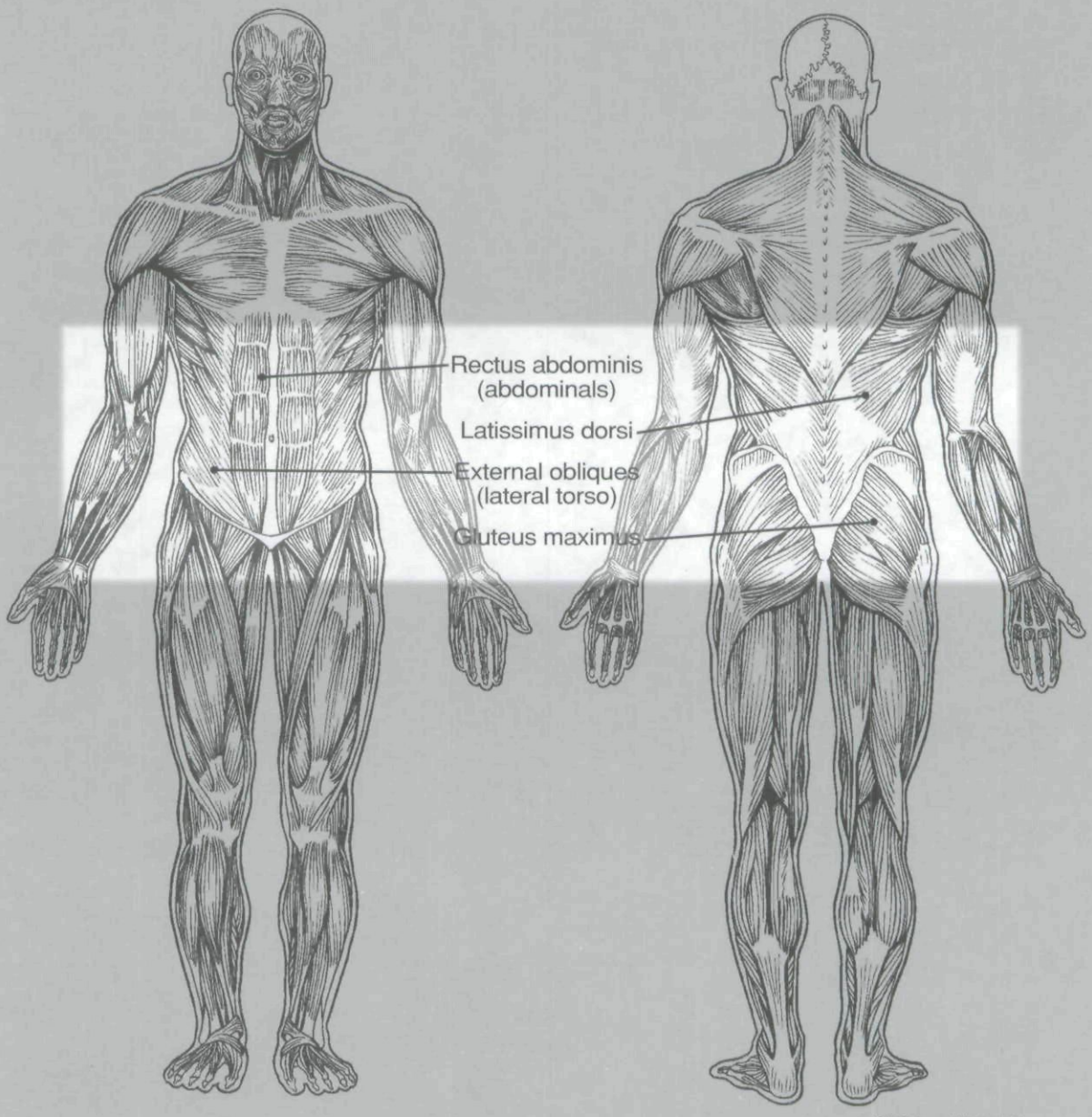


177

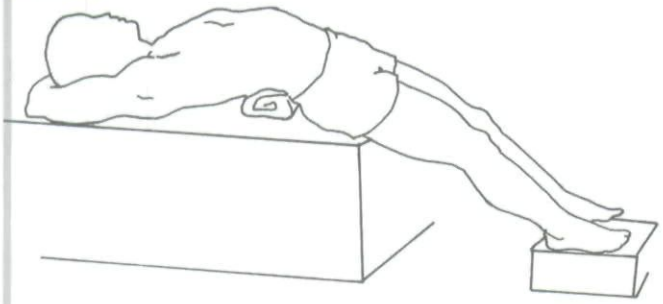


- Lie on your back and raise one leg so the thigh is nearly vertical and the knee is flexed.
- Exhale and slowly move your raised foot away from your body.
- Your partner holds the knee and ankle of the side to be stretched.
- Exhale as your partner slowly moves your raised foot away from your body.

LOWER TORSO


Rectus abdominis
(abdominals)
Latissimus dorsi
External obliques
(lateral torso)
Gluteus maximus
©K.GalasynWright '94

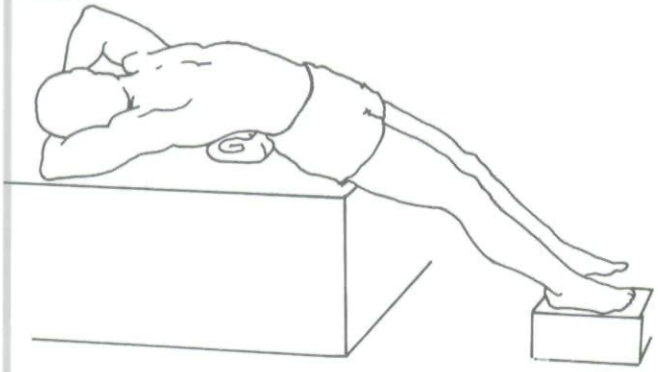
178



- Lie on a bed on your back.
- Exhale and slide your lower torso so it hangs over the edge.

Do not do this stretch if you have lordosis.

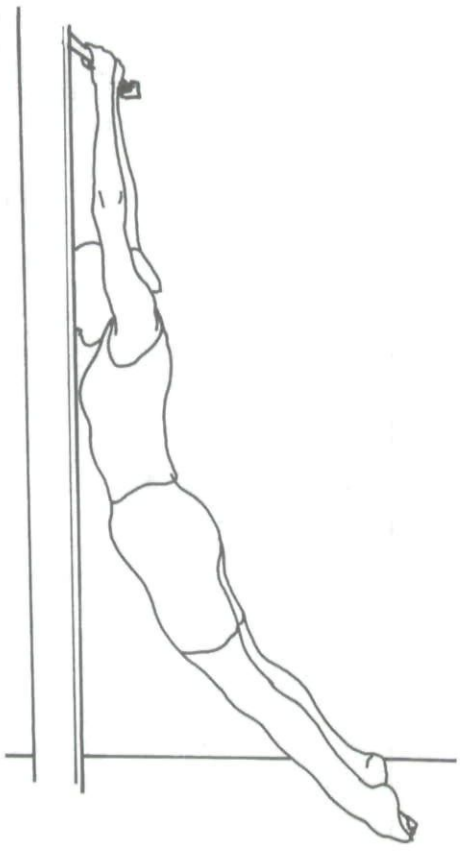
179



- Lie on a bed on your back with your lower torso hanging over the edge.
- Exhale and lift one elbow off the surface.

Do not do this stretch if you have lordosis.

180

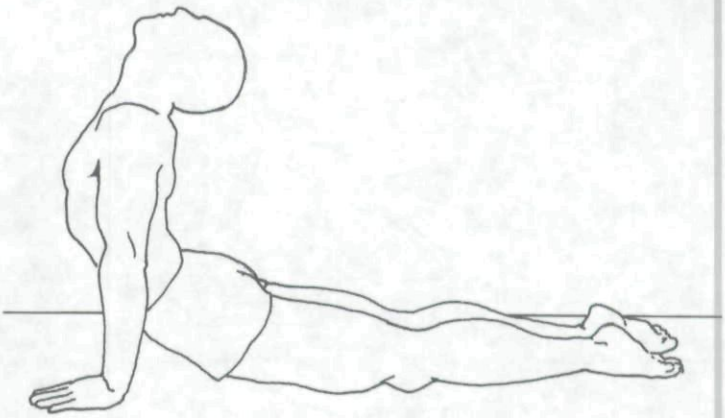


- Stand facing a chin-up bar that is lower than head height. Grasp it with both hands almost touching in an overgrip.
- Exhale, keep your arms straight, and hang from the chin-up bar with your body arched.

NOTE You can achieve the same effect by hanging from the edge of a baseball dugout.

181

- Lie face down on the floor with your body extended.
- Place your palms on the floor by your hips with your fingers pointing forward.
- Exhale, press down on the floor, raise your head and trunk, and arch your back while contracting the gluteals to prevent excessive compression of your lower back.



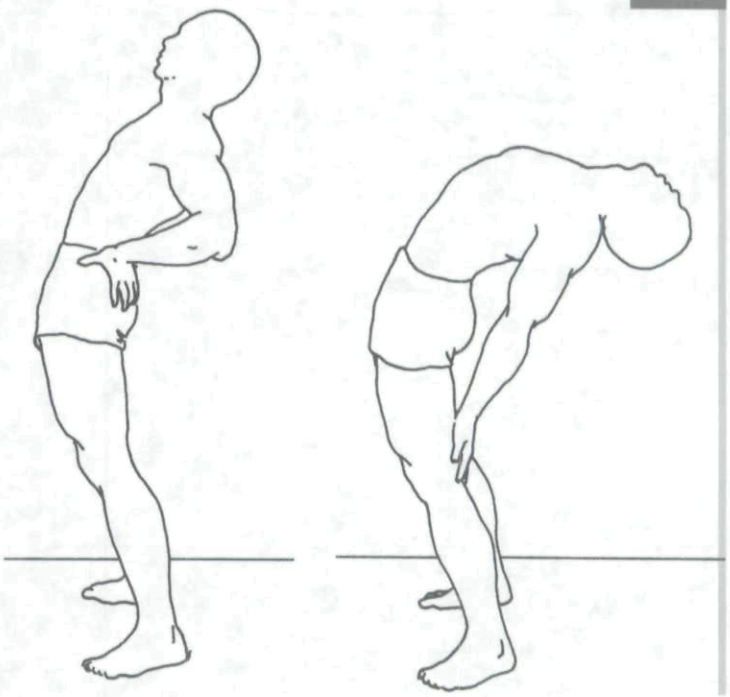
182

- Kneel on the floor with your legs slightly apart and parallel and your toes pointing backward.
- Place your palms on your upper hips, arch your back, contract your buttocks, and push your hips forward.
- Exhale, continue to arch your back, drop your head backward, and gradually slide your hands onto your heels.

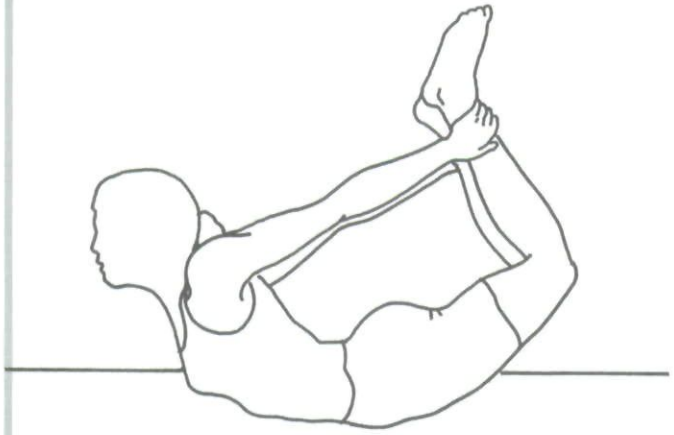


183

- Stand with your legs spread about three feet (one meter) apart and your hands on your buttocks.
- Arch your back, contract your buttocks, and push your hips forward.
- Exhale, continue arching your back, drop your head backward, open your mouth, and gradually slide your hands below your buttocks.



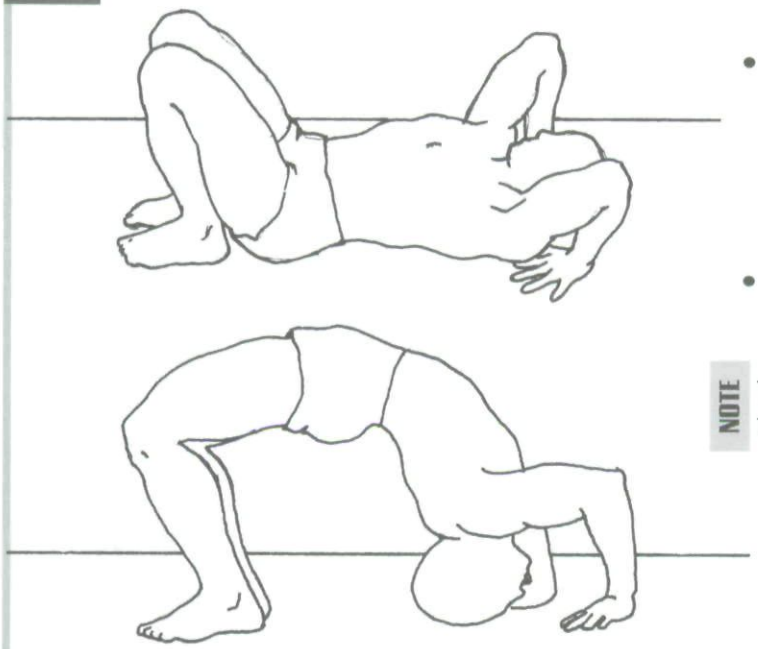
184



- Lie face down on the floor, flex your knees, and move your heels toward your hips.
- Inhale, grasp both ankles, contract your buttocks, and lift your chest and knees off the floor.

NOTE This common asana in yoga can be intensified by either resting the soles of the feet on the back of the head or fully extending into a vertical position.

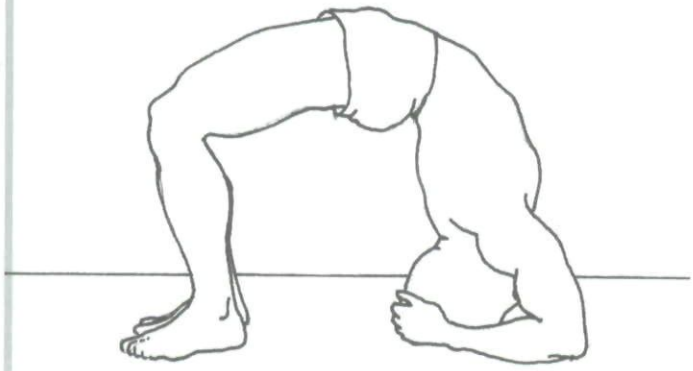
185



- Lie on your back with your heels close to your hips, the palms of your hands on the floor by your neck (under the shoulders), and your fingers pointing toward your feet.
- Inhale, raise your trunk, and rest your forehead on the floor.

NOTE This exercise is essential for practitioners of judo and wrestling.

186



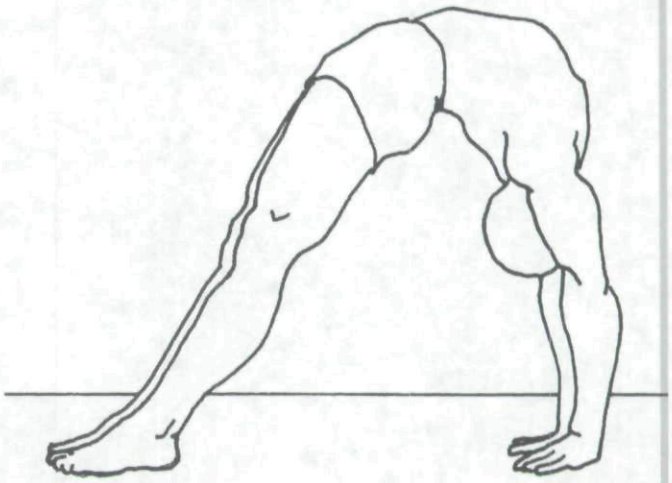
- Lie on your back with your heels close to your hips, the palms of your hands on the floor by your neck (under the shoulders), and your fingers pointing toward your feet.
- Inhale, raise your trunk, rest your forehead on the floor, raise one arm at a time, and place your forearms on the floor.

NOTE This exercise is essential for practitioners of judo and wrestling.

187

- Lie on your back with your heels close to your hips, the palms of your hands on the floor by your neck (under the shoulders), and your fingers pointing toward your feet.
- Exhale, extend your arms and legs, and raise your body into a full bridge with your wrists parallel to your shoulders.

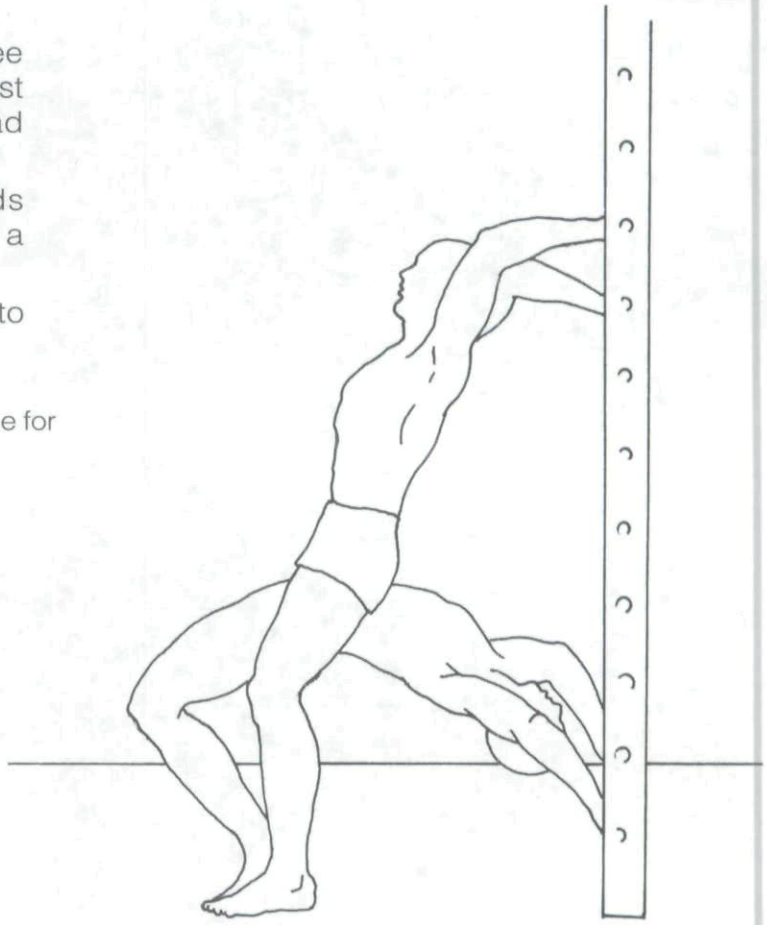
NOTE This exercise is essential for gymnastics. You should also feel this stretch in the shoulders.



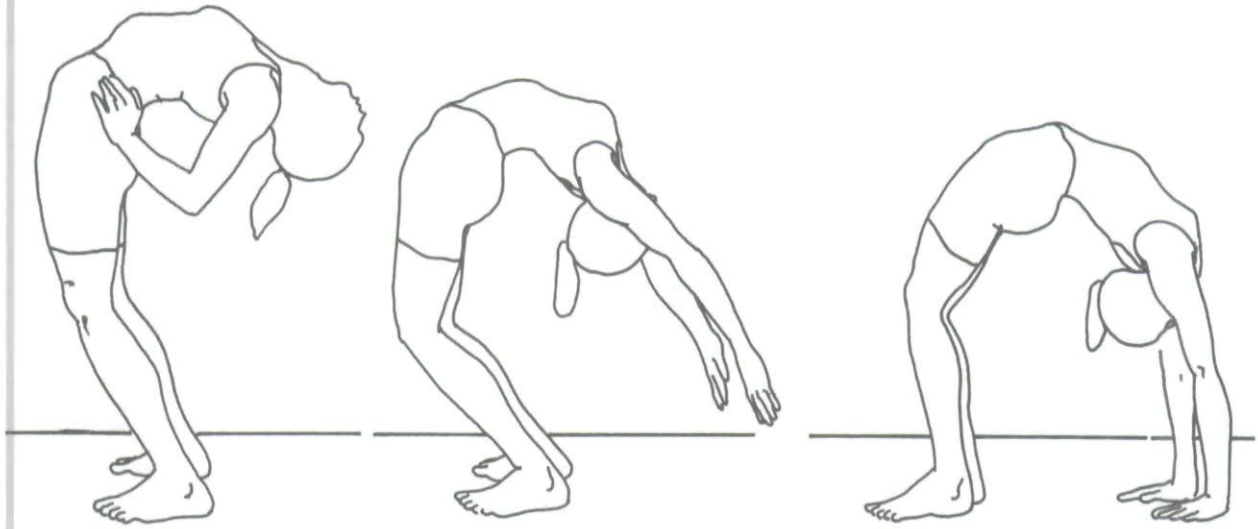
188

- Stand with your back about three feet (one meter) from a wall. Rest your hands on the wall at head height.
- Exhale and "walk" your hands down the wall. If necessary, use a spotter to provide assistance.
- Walk your hands up the wall to your starting position.

NOTE This is an excellent lead-up exercise for mastering the back walkover.



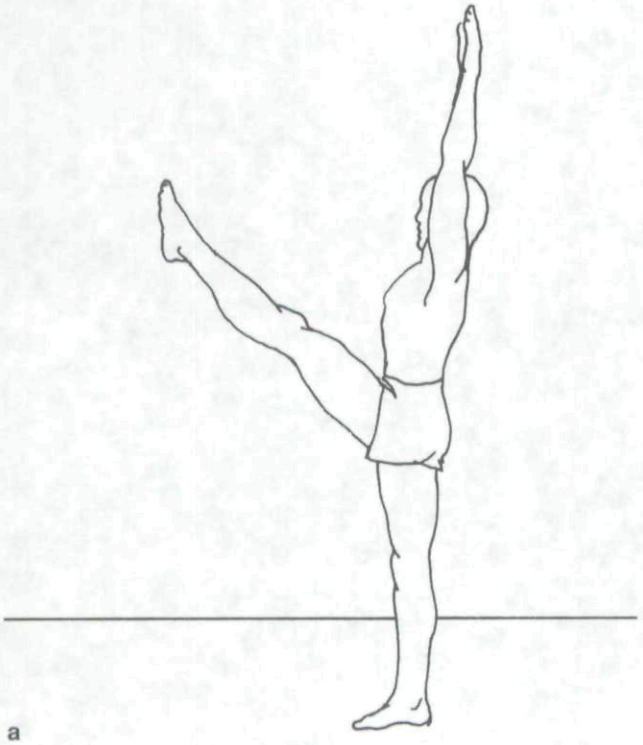
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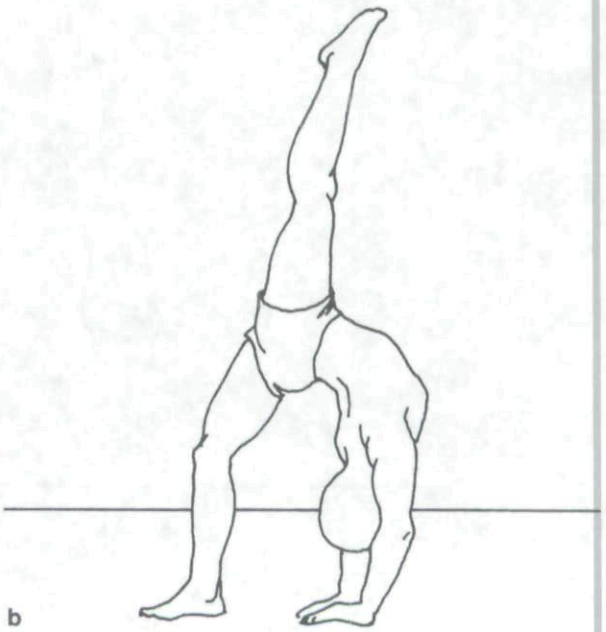
- Stand with your feet shoulder-width apart and your hands on your hips. Exhale, push your hips forward, and arch your back.
- Raise your arms overhead while continuing to arch backward. Place your hands on the floor, ending in a bridge position with your arms straight and no more than shoulder-width apart.
- Flex your arms and lower yourself onto your shoulders.

NOTE If necessary, use a spotter for assistance and support.

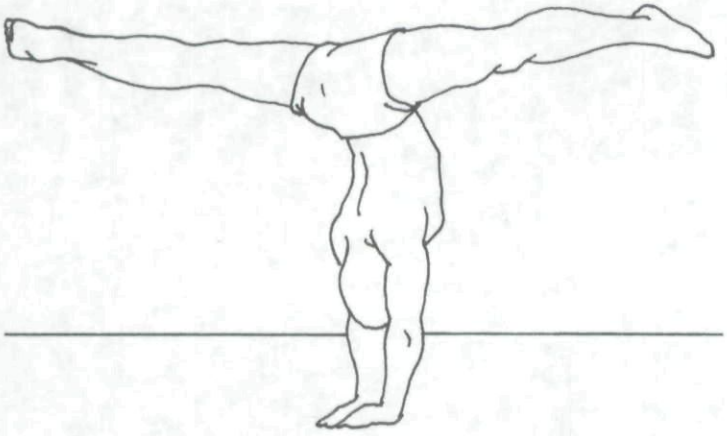
This exercise may be too advanced or dangerous for even some elite athletes.



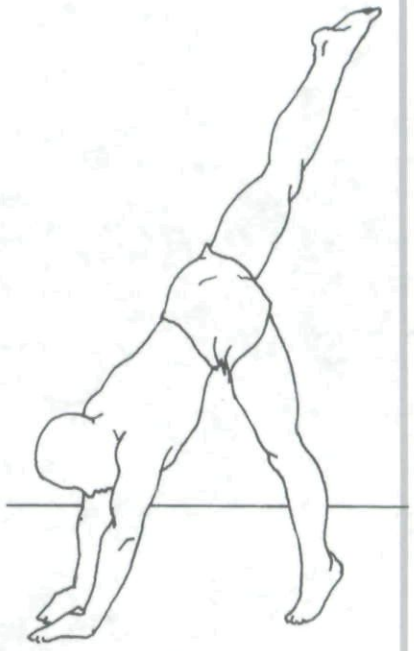
a



b



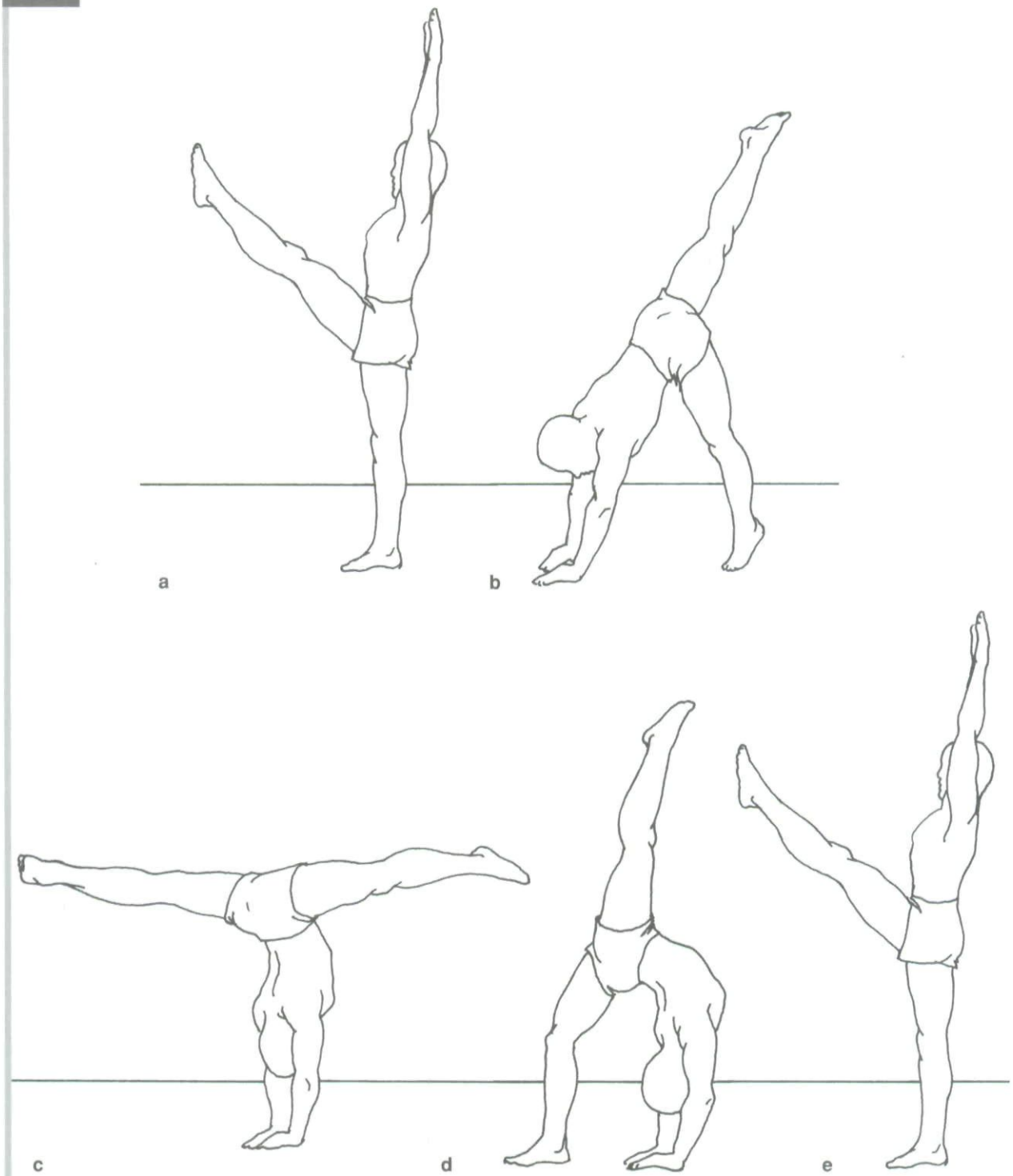
c



d

- Stand with one leg raised to a 90-degree angle, hips squared, and arms straight and vertical, elbows by your ears.
- Arch backward. Watch your hands contact the mat. Keep your arms straight and shoulder-width apart.
- Extend the ankle of your supporting foot and transfer your weight to your hands when your shoulders are directly over your hands. As your trailing leg leaves the floor, pass through a split position handstand, with your head between your arms and down.
- When your leading foot contacts the floor, your hands push off the floor.

191



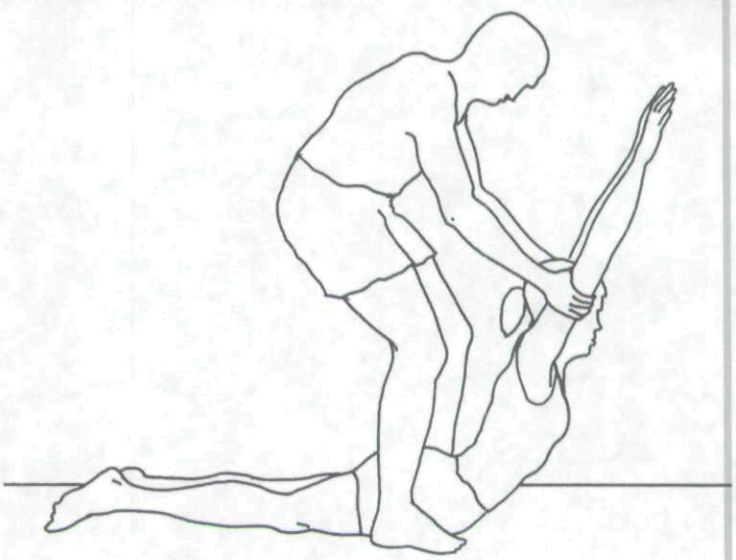
- Stand with one leg raised to a 90-degree angle, hips squared, and arms straight and vertical, elbows by your ears.
- Step forward, place your hands on the floor shoulder-width apart, and immediately push off with your supporting leg and arms.
- Continue to arch over and place your leading leg close to your hands.
- Push off with your hands, thrust your hips forward, straighten your supporting leg, and return to an upright position.

192

- Lie face down on the floor with your arms parallel and stretched forward.
- Your partner straddles your hips, facing your head, bends at the hips and knees, and grasps you between your shoulders and elbows.
- Inhale and contract your gluteals to prevent compression of your lower back as your partner lifts your upper torso off the floor.



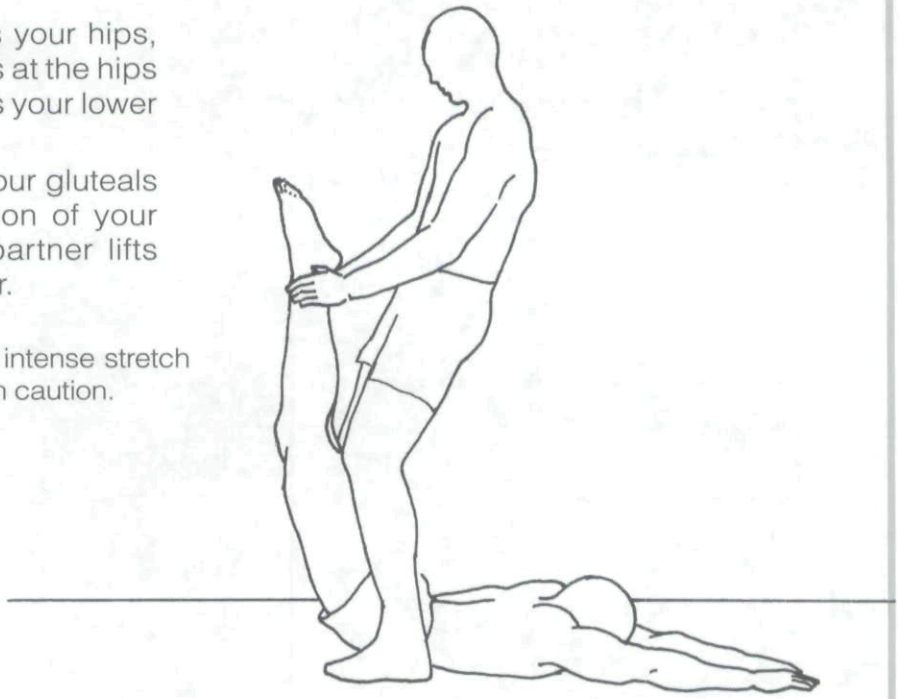
Communicate with your partner.



193

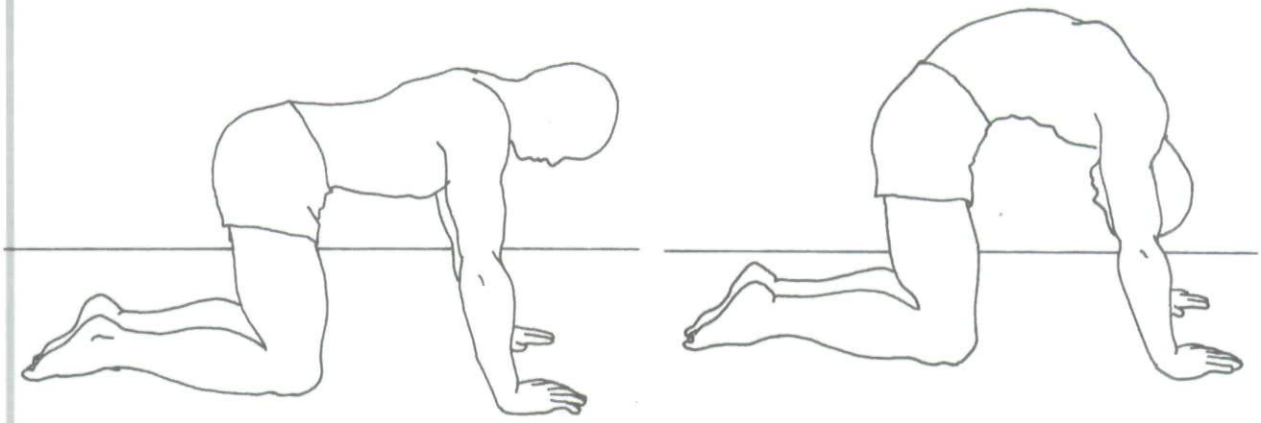
- Your partner straddles your hips, facing your feet, bends at the hips and knees, and grasps your lower legs.
- Exhale and contract your gluteals to prevent compression of your lower back as your partner lifts your thighs off the floor.

NOTE This is an exceptionally intense stretch and should be done with caution.



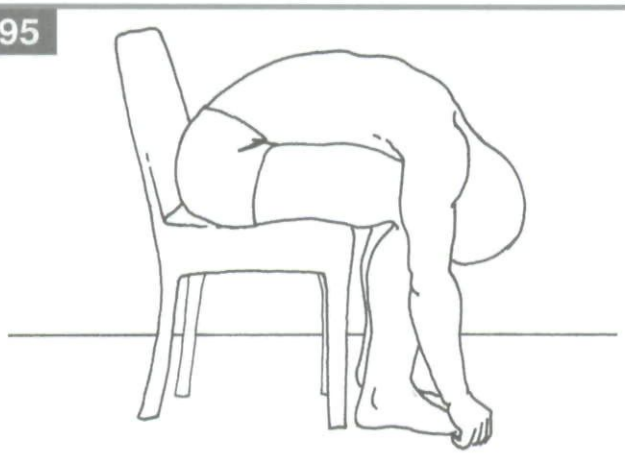
LOWER BACK

194



- Kneel on all fours with your toes pointing backward.
- Inhale, contract your abdominals, and round your back.
- Exhale, relax your abdominals, and return to the "flat back" position.

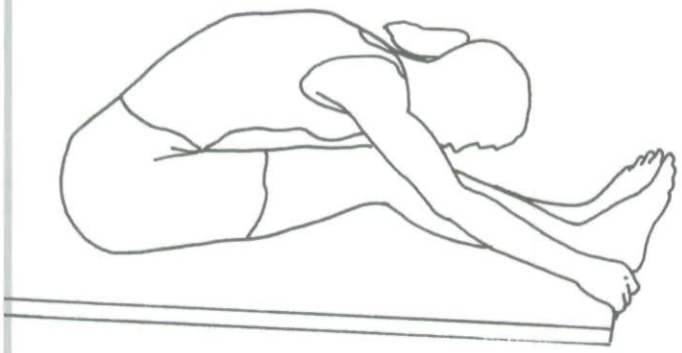
195



- Sit on a chair with your legs slightly separated.
- Exhale, extend your upper torso, bend at the hips, and lower your stomach between your thighs.

NOTE Contracting your abdominals may help relax your lower back.

196

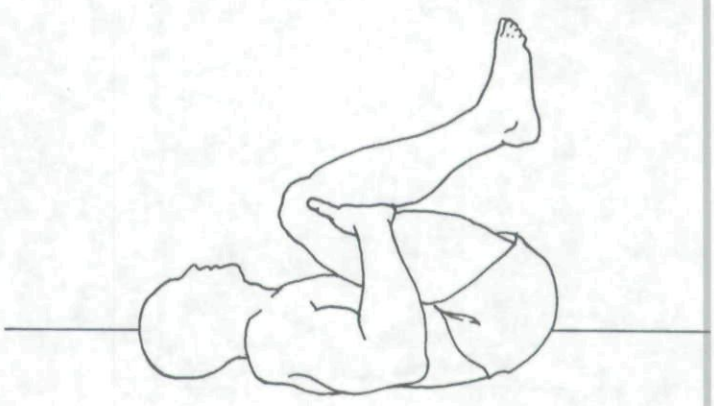


- Sit on a bed or bench with your knees flexed.
- Extend your upper torso, bend at the hips, and lower your stomach onto your thighs.
- Exhale and extend your legs.

NOTE After a critical point, the sensation of this stretch may shift to the hamstrings. At this point, back off and hold the stretch. Contracting your abdominals may help relax your lower back.

197

- Lie on your back, flex your knees, and slide your feet toward your buttocks.
- Grasp behind your thighs to prevent hyperflexion of the knees.
- Exhale, pull your knees toward your chest and shoulders, and elevate your hips off the floor.
- Reextend your legs one at a time to prevent possible pain or spasm.



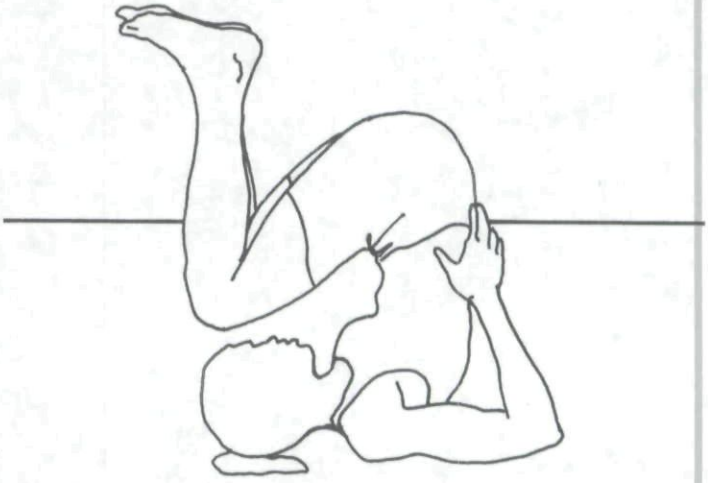
198

- Lie on your back, flex your knees, and slide your feet toward your buttocks.
- Your partner places one hand under your hamstrings and grasps your heels with the other.
- Exhale as your partner brings your thighs closer to your chest.
- Reextend your legs slowly one at a time to prevent possible pain or spasm.



199

- Lie on your back with your arms by your hips, palms down.
- Exhale, push on the floor with your palms, and raise your legs in a squat position so your knees almost rest on your forehead. Support the weight of your hips with your hands.

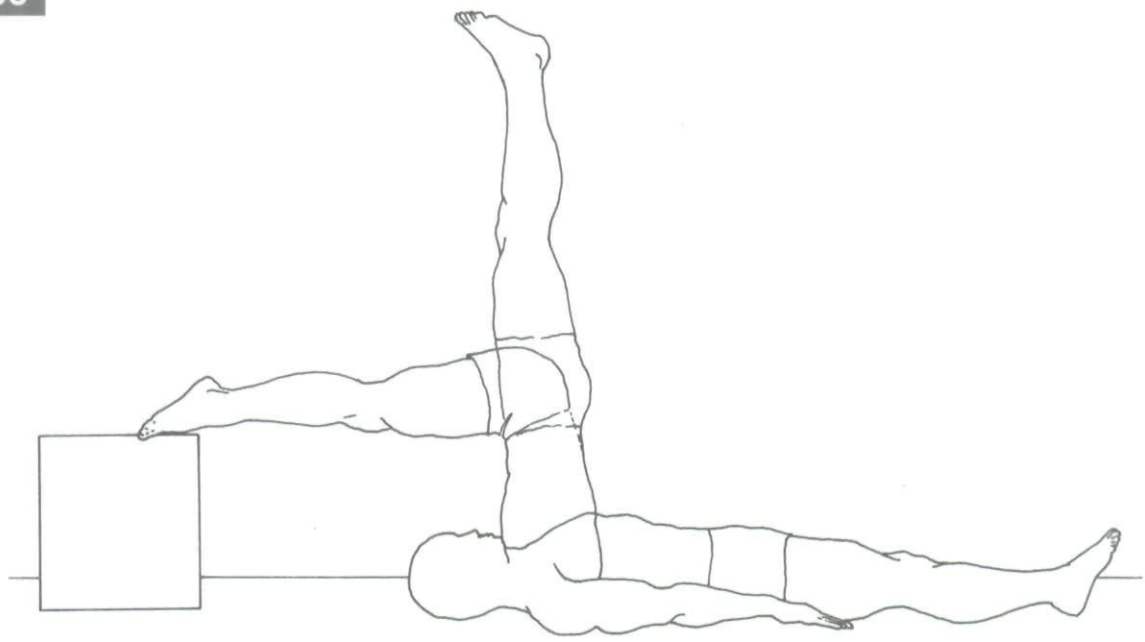


NOTE You should also feel this stretch in your posterior neck.



Avoid excessive flexion of the neck.

200

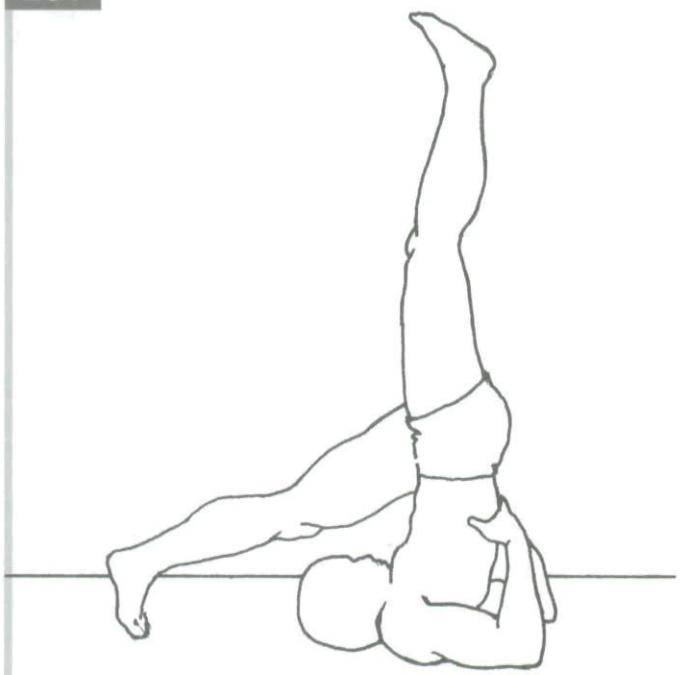


- Lie on your back with your arms by your hips, palms down.
- Inhale, push on the floor with your palms, and raise your legs to a vertical position.
- Exhale, keep your legs straight, and lower your feet onto a supporting surface about 12 to 24 inches (30 to 60 centimeters) off the floor.

NOTE You should also feel this stretch in your posterior neck.

Avoid excessive flexion of the neck.

201



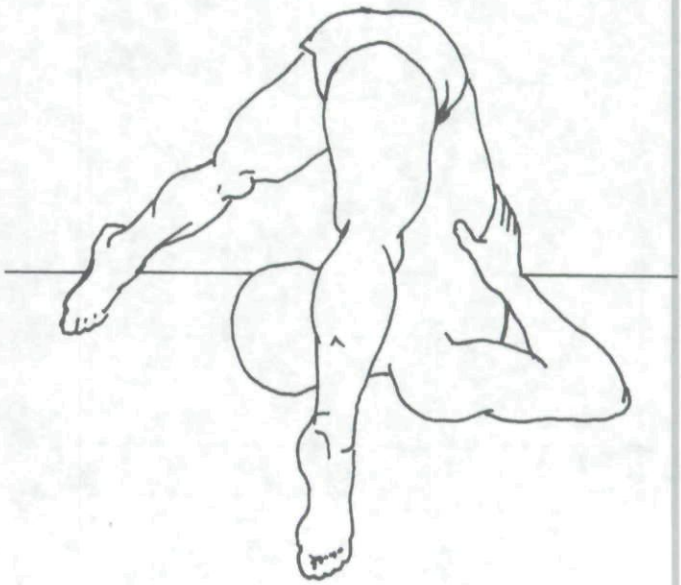
- Lie on your back with your arms by your hips, palms down.
- Inhale, push on the floor with your palms, raise your legs to a vertical position, and support your body with your hands placed on your lower back.
- Exhale, split your legs, and lower one foot to the floor while the other leg remains vertical. If you lack sufficient flexibility, only lower your leg to a horizontal position.

NOTE You should also feel this stretch in your posterior neck and the hamstrings of the leg contacting the floor.

Avoid excessive flexion of the neck.

202

- Lie on your back with your arms by your hips, palms down.
- Inhale, push on the floor with your palms, raise your legs to a vertical position, and support your body with your hands placed on your lower back.
- Exhale, keep your legs straight and spread apart, and lower your feet to the floor.

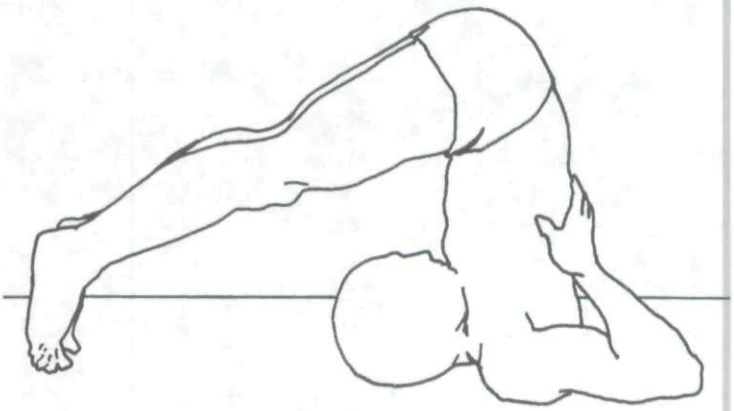


NOTE This exercise is essential for practitioners of judo and wrestling. You should also feel this stretch in your posterior neck and hamstrings.

Avoid excessive flexion of the neck.

203

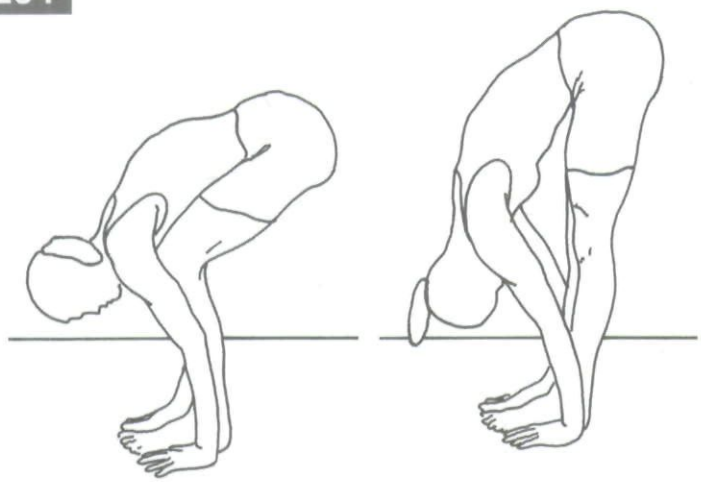
- Lie on your back with your arms by your hips, palms down.
- Inhale, push on the floor with your palms, raise your legs to a vertical position, and support your body with your hands placed on your lower back.
- Exhale, keep your legs straight and together, and lower your feet to the floor.



NOTE This exercise is essential for practitioners of judo and wrestling. You should also feel this stretch in your posterior neck and hamstrings.

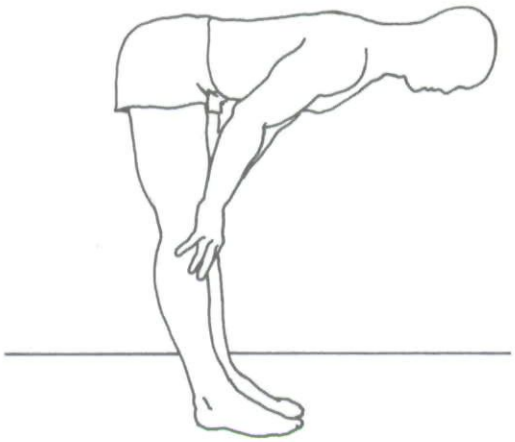
Avoid excessive flexion of the neck.

204



- Squat with your feet and hands resting flat on the floor and your upper torso resting on your thighs.
- Extend your knees until the tension shifts to your hamstrings and then back off.
- Exhale, bend your knees, and return to the starting position.

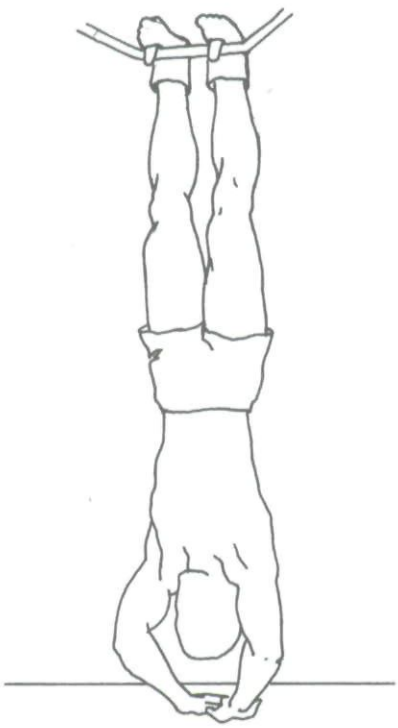
205



- Stand with your legs straight and your hands by your sides.
- Flex forward at the hips, slide your hands down to your knees, and keep your back flat.
- Exhale and bend your knees or round your upper torso when returning to an upright position.

NOTE You should feel this stretch in both your lower back and hamstrings.

206

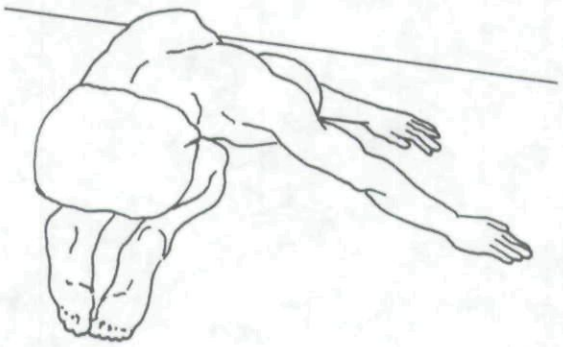


- Wearing inversion boots, hang from a chin-up bar with a forward grip.
- Pull down on the bar, flex your knees, and raise them between your hands so you can hook the boots to the bar. Release the bar and hang from the boots.

! Don't do inversion stretches if you have glaucoma, hypertension, weakness of blood vessels, or spinal instability. Be sure to receive proper instruction and supervision prior to using any inversion device.

207

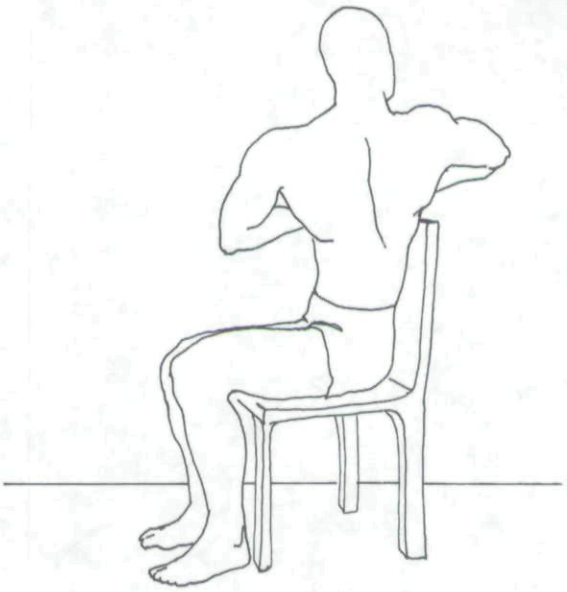
- Kneel on all fours. Straighten your arms, reach forward as far as possible, and lower your chest to the floor.
- Exhale, slightly twist your upper torso, and press your palms and forearms on the floor.



208

- Sit on a straight-backed chair, turn to your right, and place your hands on the back of the chair.
- Exhale; keeping your feet flat on the floor and your buttocks on the seat, push your right hip forward and press your right elbow into your body.

NOTE You should also feel this stretch in your middle torso.



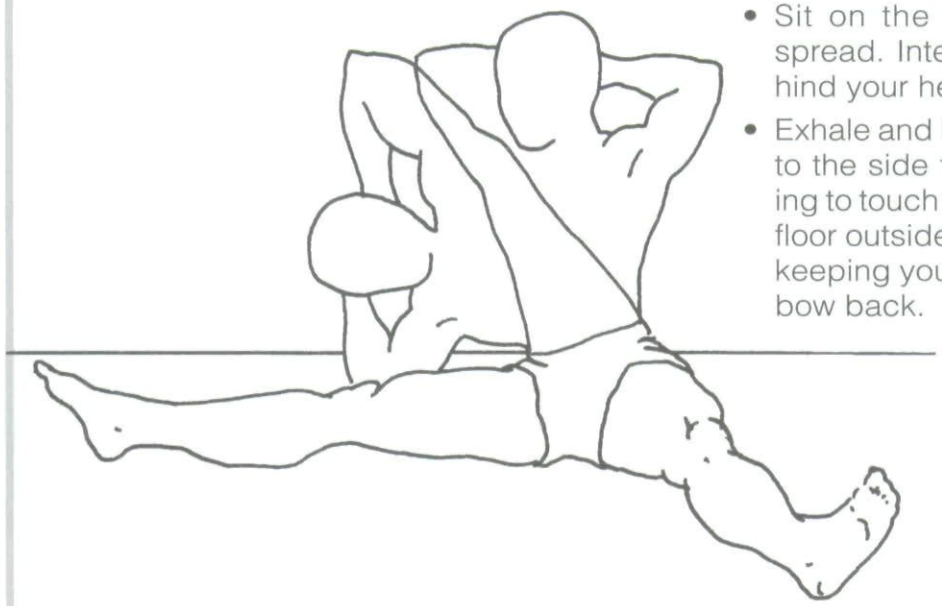
LATERAL TORSO

209

- Sit on the floor with your legs crossed. Interlock your hands behind your head.
- Exhale and bring your right elbow to your right knee, keeping your left shoulder and elbow back.

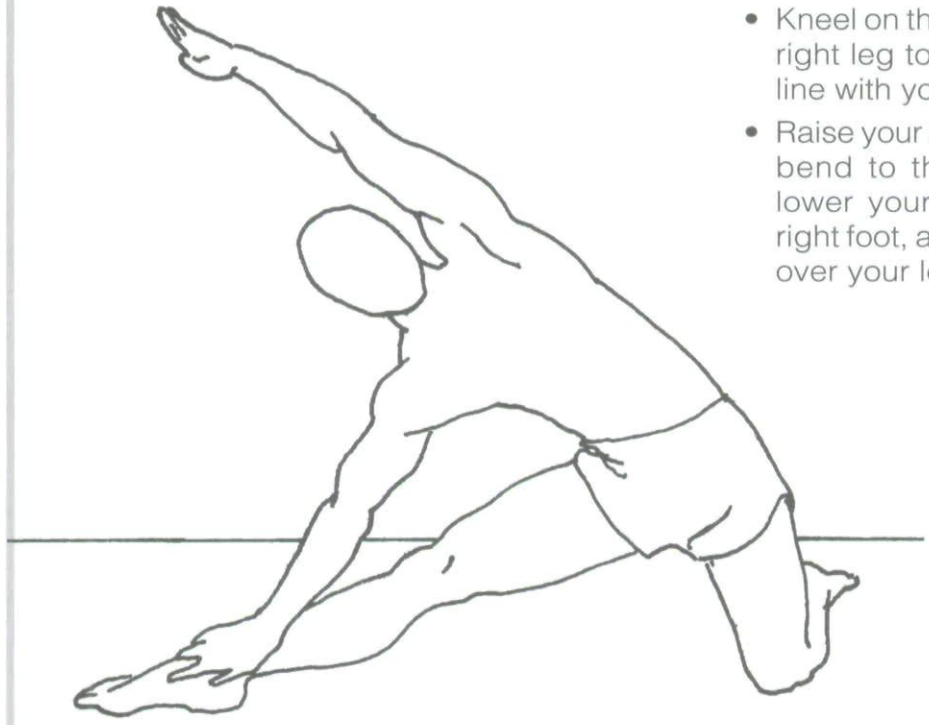


210



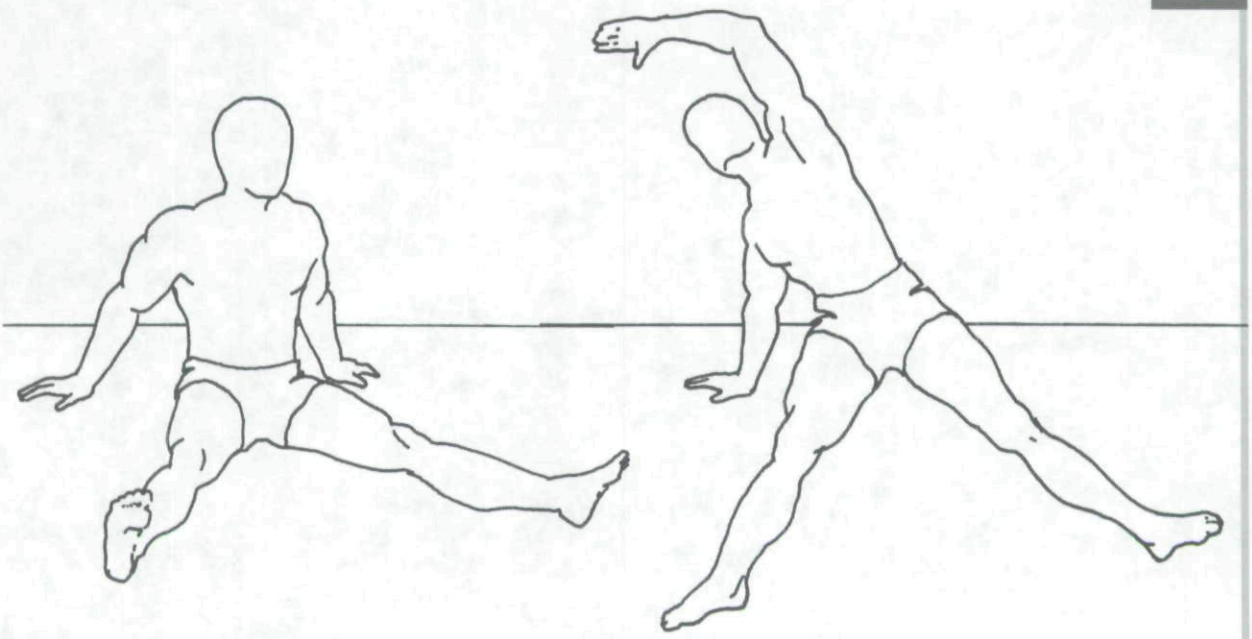
- Sit on the floor with your legs spread. Interlock your hands behind your head.
- Exhale and bend your upper torso to the side from the hip, attempting to touch your right elbow to the floor outside your right thigh while keeping your left shoulder and elbow back.

211



- Kneel on the floor and extend your right leg to the side, keeping it in line with your left knee.
- Raise your arms sideways, exhale, bend to the right from the hip, lower your right hand onto your right foot, and extend your left arm over your left ear.

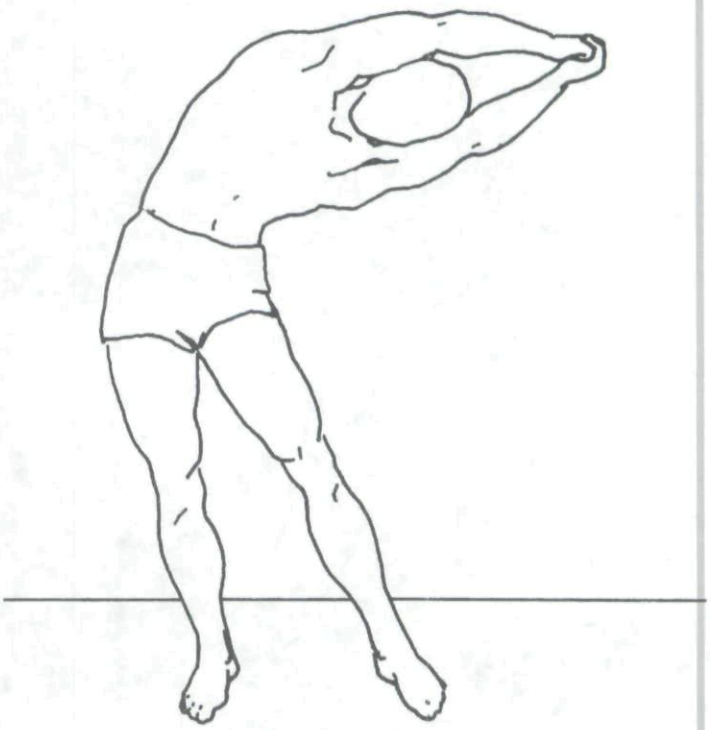
212



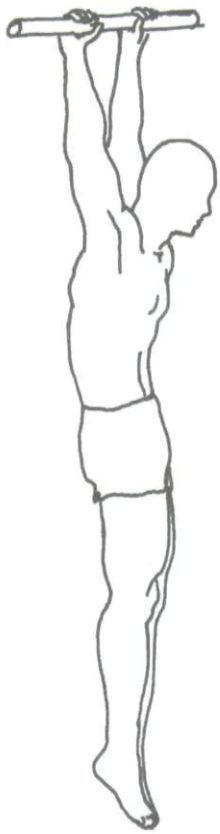
- Sit on the floor with your legs spread, lean backward, and place your hands behind your hips and on the floor for support.
- Inhale, support yourself on your heels, swing your left arm overhead and to the right, and lift your hips off the floor.

213

- Stand with your feet slightly apart and hands interlocking and overhead.
- Exhale, drop one ear toward your shoulder, and lower your arm sideways.



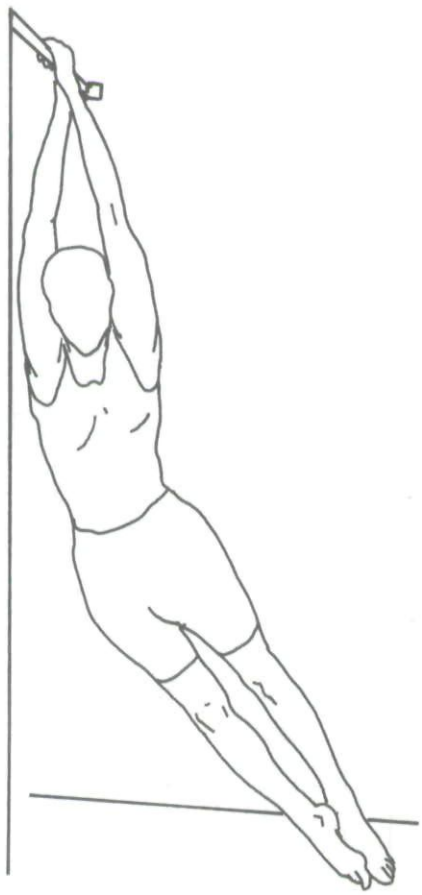
214



- Hang from a chin-up bar with your arms straight, hands almost touching, and your body in a curved position. Experiment to determine which stretch is more effective: hanging with an overgrip (palms facing forward) or a reverse grip (palms facing backward).
- Exhale, place your chin on your chest, and let your shoulders sink inward.

NOTE You should also feel this stretch in your upper back and shoulders. You can achieve the same effect by hanging from the edge of a baseball dugout.

215



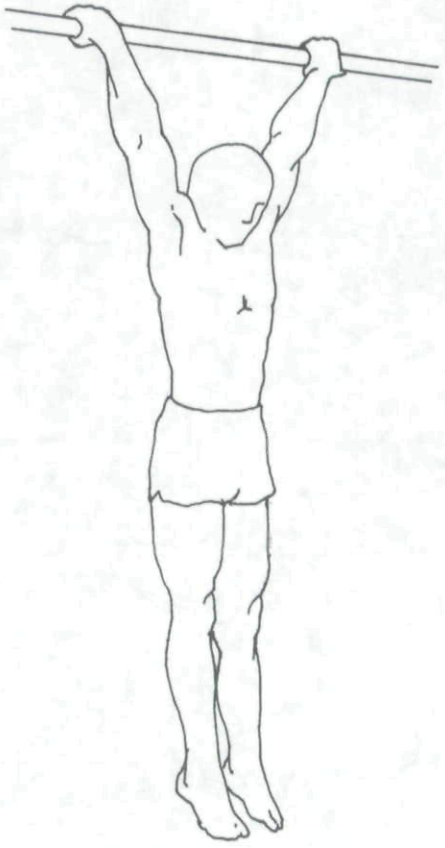
- Hang from a chin-up bar that is lower than head height. Use an overgrip with your hands almost touching.
- Exhale, slide your feet backward, straighten your arms, and hang from the bar with your body arched. Twist your body sideways, keeping your arms behind your ears.

NOTE You should also feel this stretch in your abdomen.

216

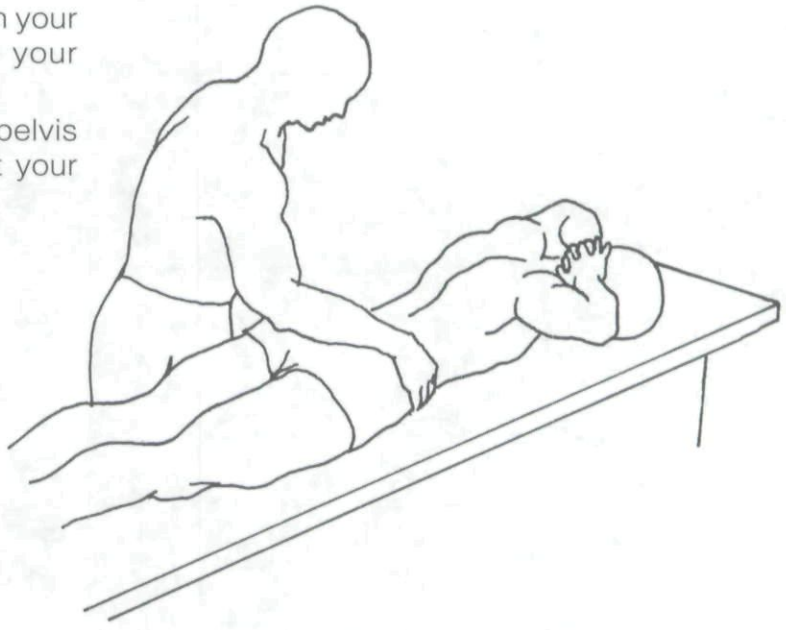
- Hang from a chin-up bar with your arms straight.
- Release one hand at a time and regrasp the bar in an L-grip (the back of the hand facing up and the thumb grasping under the bar).

NOTE You should also feel this stretch in the brachioradialis.

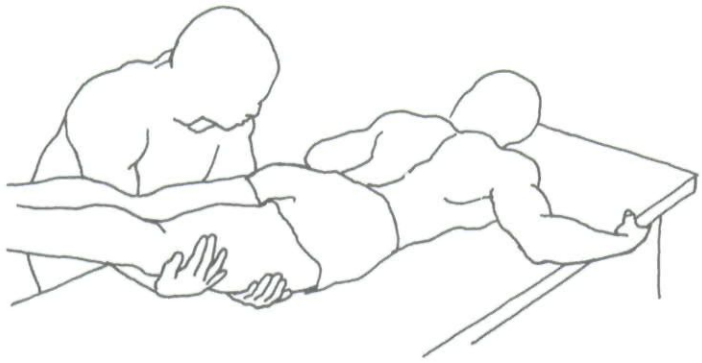


217

- Lie face down on a table with your hands interlocked behind your head.
- Your partner anchors your pelvis with his hands as you twist your upper torso sideways.

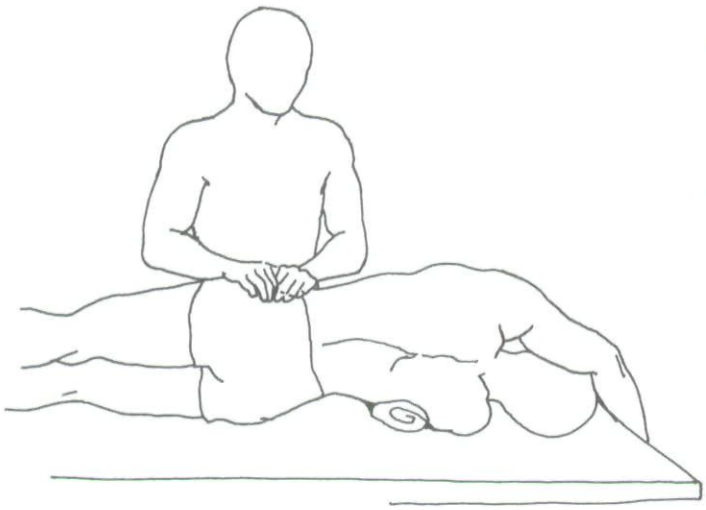


218



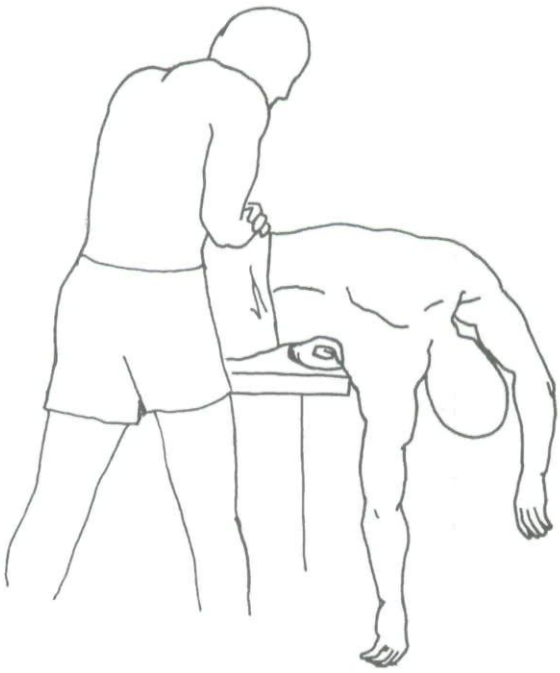
- Lie face down on a table and hold onto the sides for stability.
- Your partner grasps underneath your thighs and lifts your lower torso laterally.

219



- Lie sideways on a table with your top arm stretched overhead. Use a folded towel to reduce discomfort to your side.
- Your partner anchors your hip as you feel the stretch in the upper lateral torso.

220

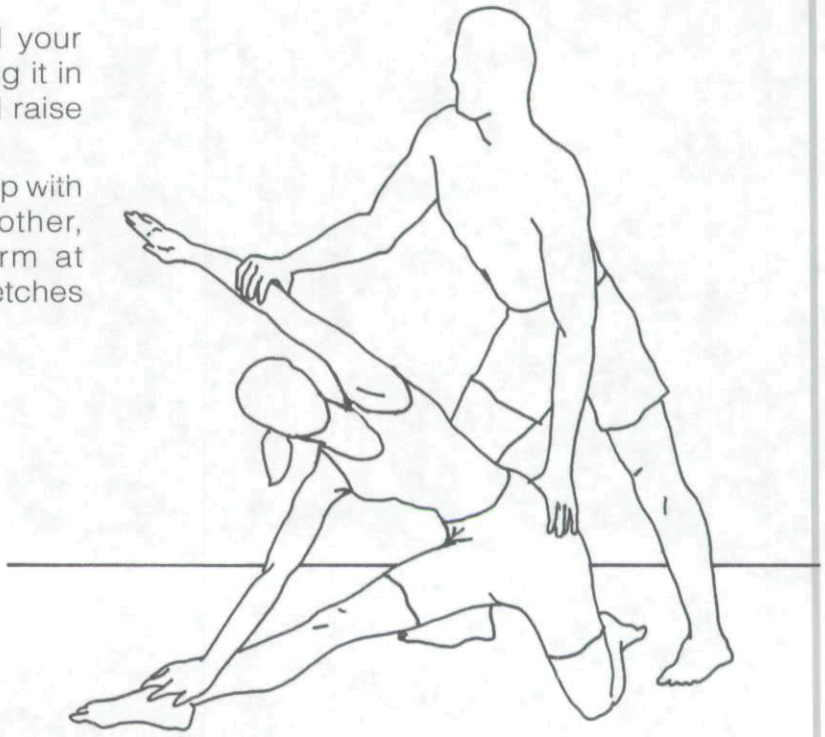


- Lie over the edge of a table with both arms hanging downward. Use a folded towel to reduce discomfort to your side.
- Your partner anchors your hips.

NOTE You should feel the stretch farther down the lateral torso as more of your trunk hangs over the edge.

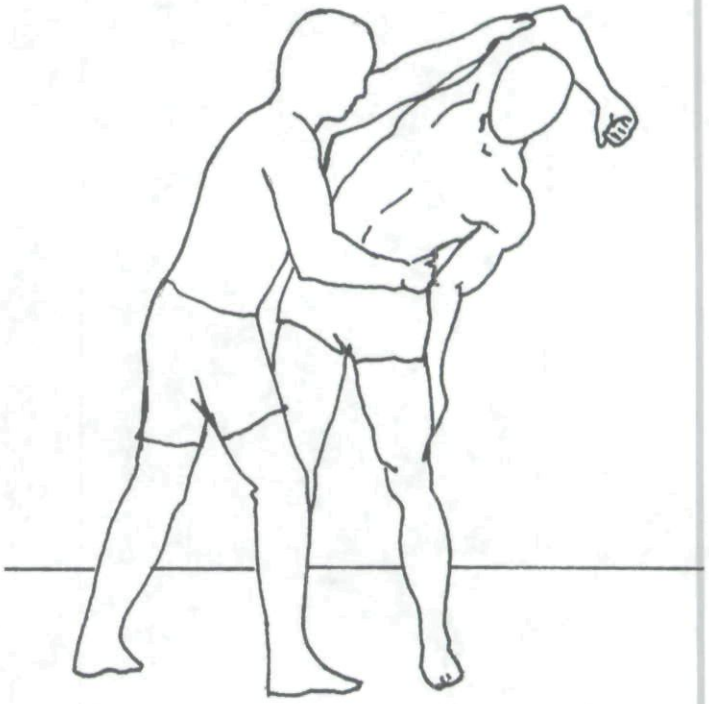
221

- Kneel on the floor, extend your right leg to the side, keeping it in line with your left knee, and raise your arm sideways.
- Your partner anchors your hip with one hand and, with the other, grasps your extended arm at about the elbow as he stretches your side.

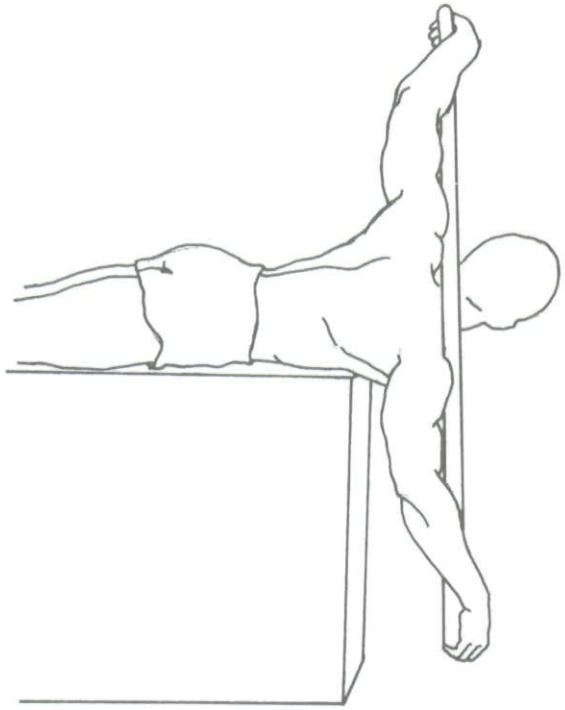


222

- Stand with your feet slightly apart, one arm by your side and your other arm flexed overhead.
- Your partner anchors your hip with one hand and, with the other, holds your raised arm on or below your elbow.
- Bend your torso to one side with no forward or backward flexing and exhale as your partner pushes your torso farther to one side.



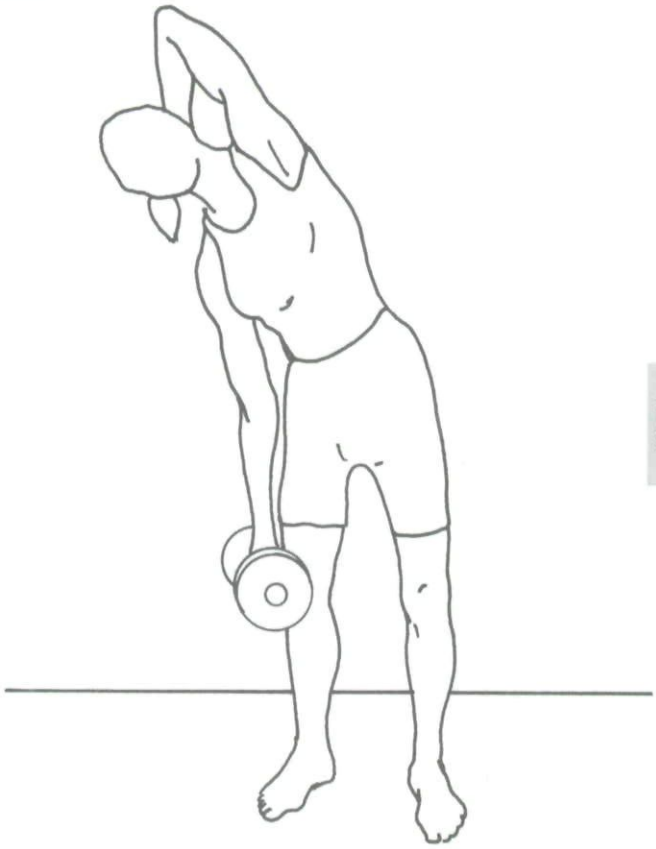
223



- Lie face down on a table with your upper torso extended over the edge, grasping a stretching stick that rests across your shoulders.
- Exhale as you slowly twist your upper torso as high as possible and return to the starting position.

NOTE This stretch is great for athletes involved in throwing the discus and javelin or swinging a bat, golf club, or racquet.

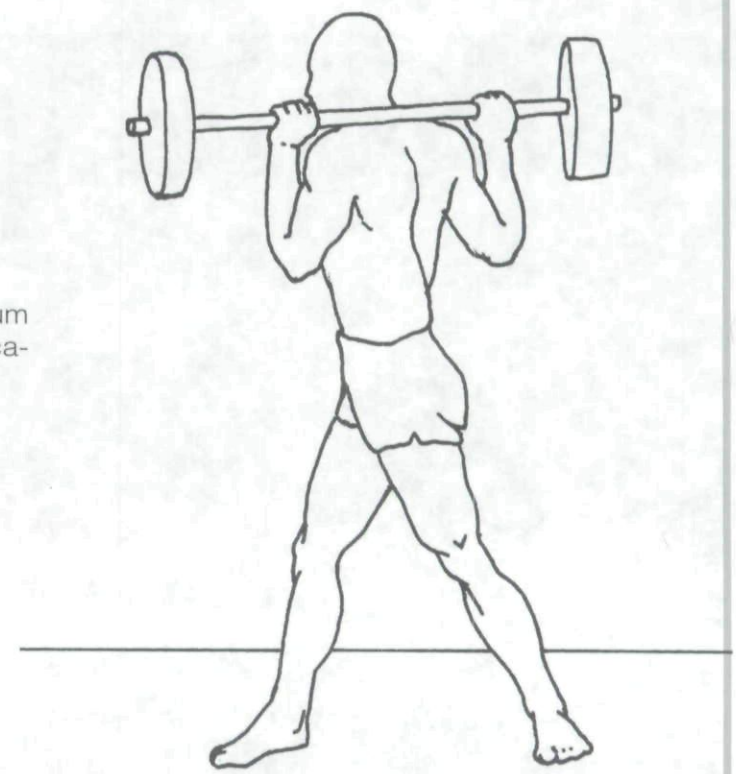
224



- Stand with your feet parallel and shoulder-width apart, one arm flexed behind your head and your other hand holding a lightweight dumbbell at your side.
- Exhale, maintain your body in a lateral plane, and slowly bend sideways as far as possible.

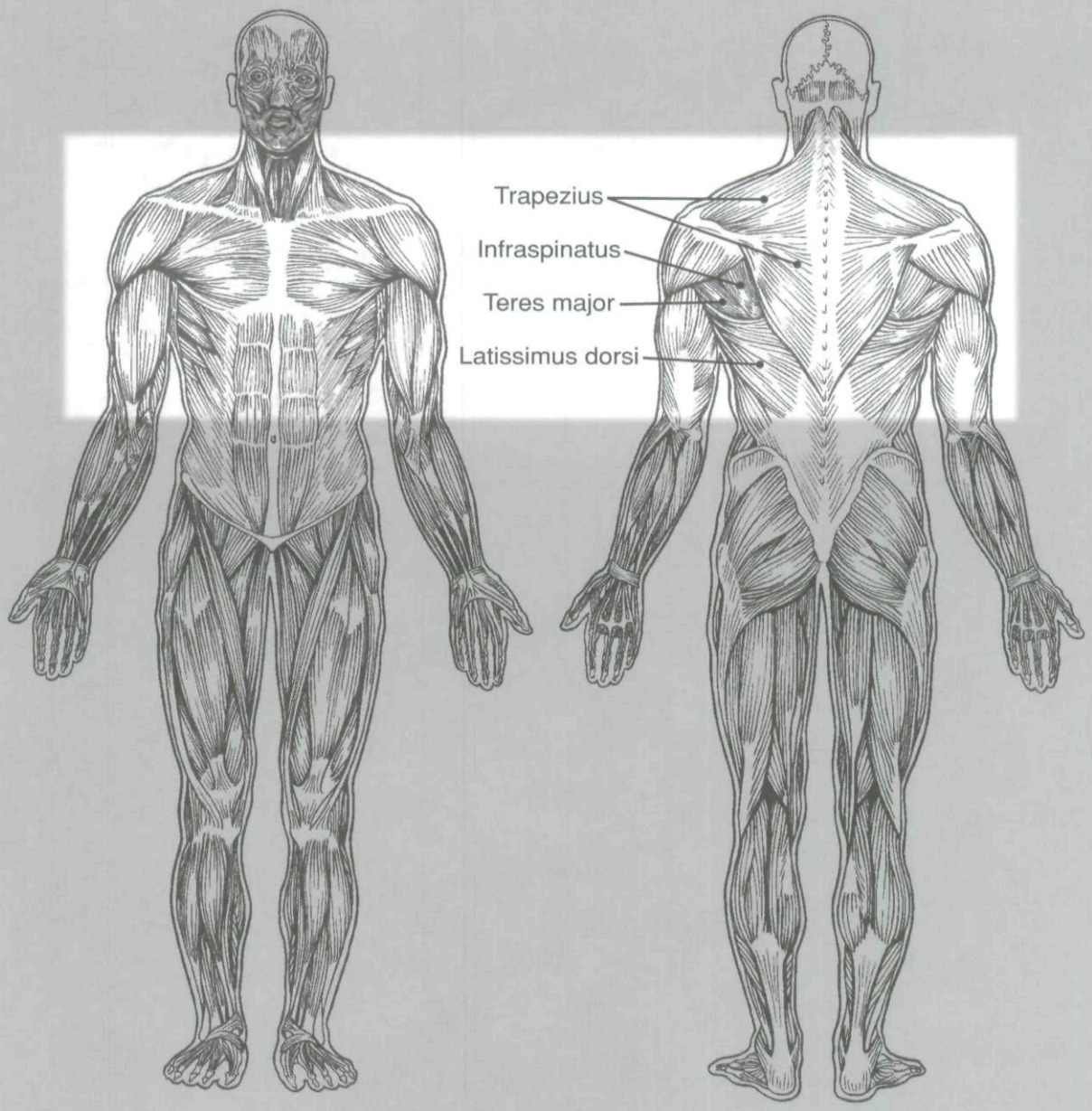
NOTE You can improvise by using any type of weight (discus, shot put, or a bag containing baseball bats, bowling balls, or golf clubs).

- Stand with your feet parallel and shoulder-width apart and your knees slightly flexed, a lightweight barbell resting across your shoulders.
- Exhale and turn your trunk as far as possible to one side.

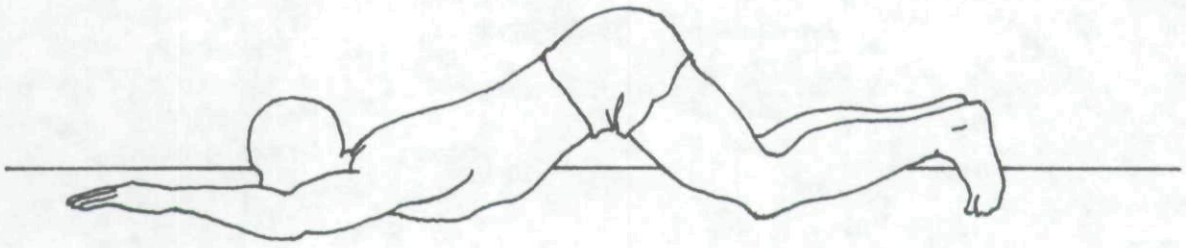


Turn slowly to reduce momentum that may exceed the absorbing capacity of the tissues being stretched.

UPPER BACK

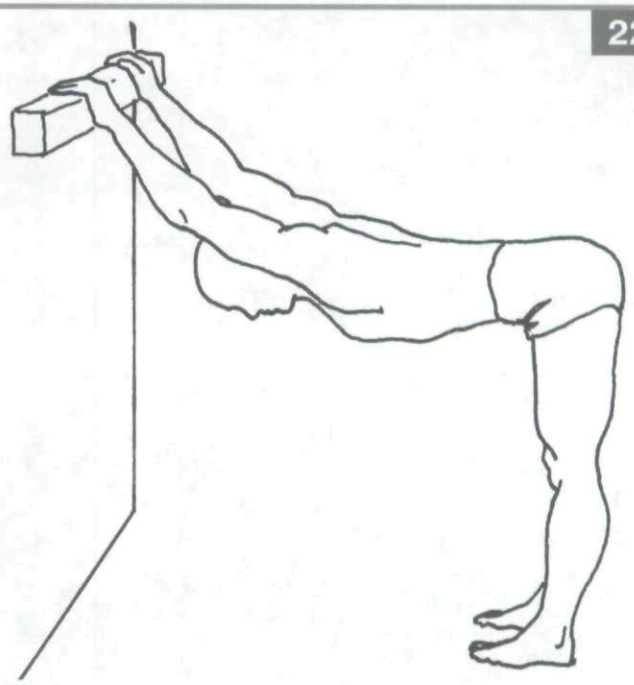

Trapezius
Infraspinatus
Teres major
Latissimus dorsi
©K.GalasynWright '94

226



- Kneel on all fours, extend your arms forward, and lower your chest to the floor.
- Exhale, extend your shoulders, and press on the floor with your arms to arch your back.

227



- Stand with your feet together, about three feet (one meter) from a supporting surface approximately hip to shoulder height, and your arms overhead.
- Keeping your arms and legs straight, flex at the hips, flatten your back, and grasp the supporting surface with both hands.
- Exhale and press down on the supporting surface to arch your back.

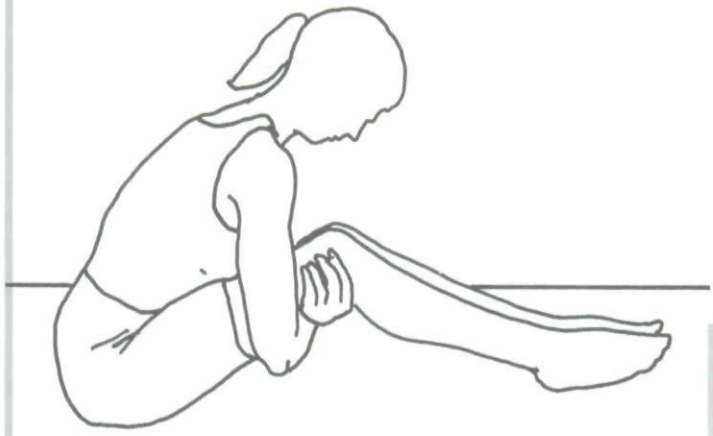
NOTE You can also stretch your lower back or hamstrings by rotating your pelvis upward.

228



- Sit with knees spread, facing a wall an arm's length away.
- Raise your arms with your elbows straight, lean forward, and place your palms against the wall shoulder-width apart with your fingers pointing upward.
- Exhale, press against the wall, open your chest, and arch your back.
- Your partner places his hands on the upper portion of your shoulder blades and gently pushes down and away from your head.

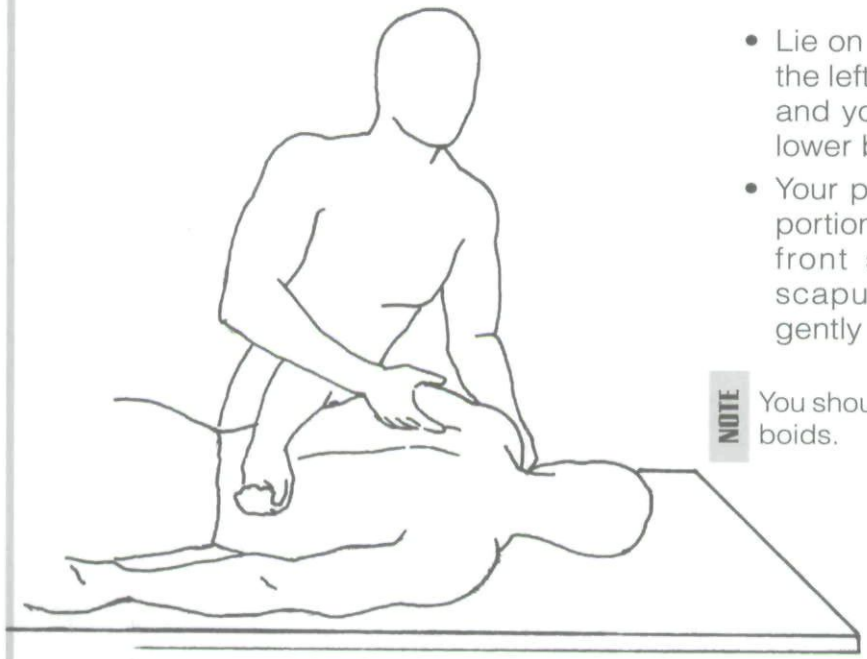
229



- Sit on the floor with knees slightly flexed, upper torso resting on your thighs, elbows under your knees, and your hands grasping your thighs.
- Exhale, lean forward, and pull back on your thighs while keeping your feet on the floor.

NOTE You should also feel this stretch between the shoulder blades (rhomboids). Round your back to intensify the stretch.

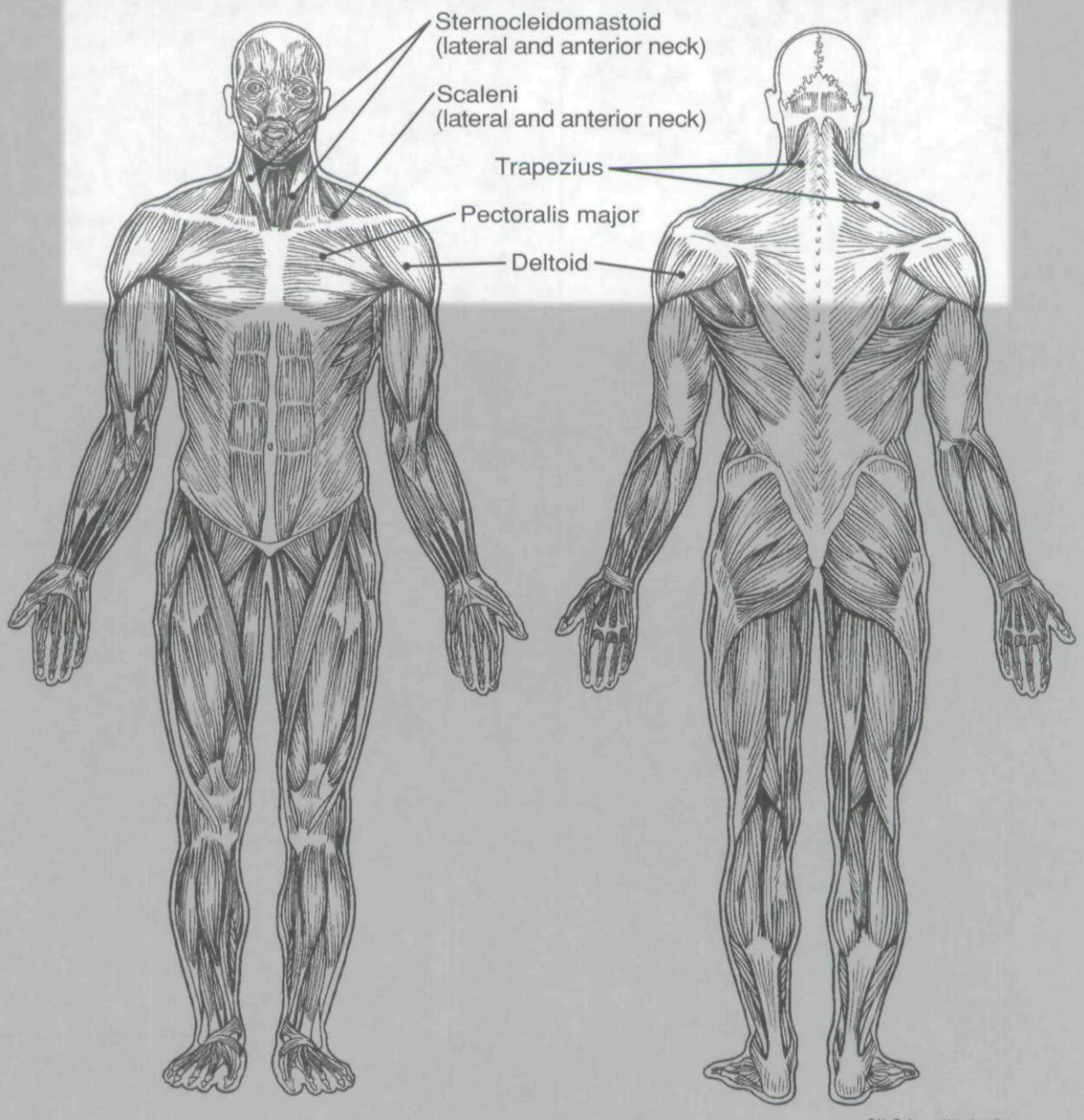
230



- Lie on your chest, head turned to the left, with your left elbow flexed and your forearm resting on your lower back.
- Your partner grasps the top front portion of your shoulder, lifts your front shoulder to expose the scapula (shoulder blade), and gently lifts it upward.

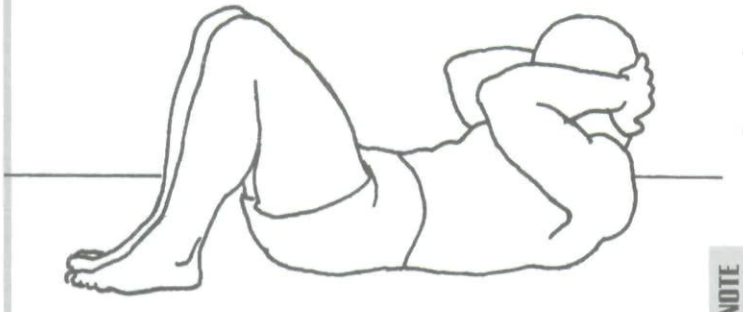
NOTE You should feel this stretch in the rhomboids.

NECK


Sternocleidomastoid
(lateral and anterior neck)
Scaleni
(lateral and anterior neck)
Trapezius
Pectoralis major
Deltoid
©K GalasynWright '94

POSTERIOR NECK

231



- Lie on the floor on your back with both knees flexed.
- Interlock your hands behind your head near the crown.
- Exhale and pull your head onto your chest while keeping your shoulder blades flat on the floor.

NOTE The stretch will be dissipated if your shoulder blades lift off the floor.

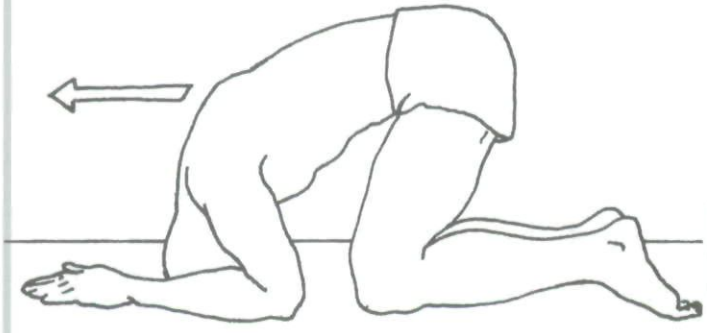
232



- Stand or sit and interlock your hands behind your head near the crown.
- Exhale, pull your head forward, and allow your chin to rest on your chest. Keep your shoulders depressed during the stretch.

NOTE The stretch will be dissipated if your shoulders do not remain depressed.

233



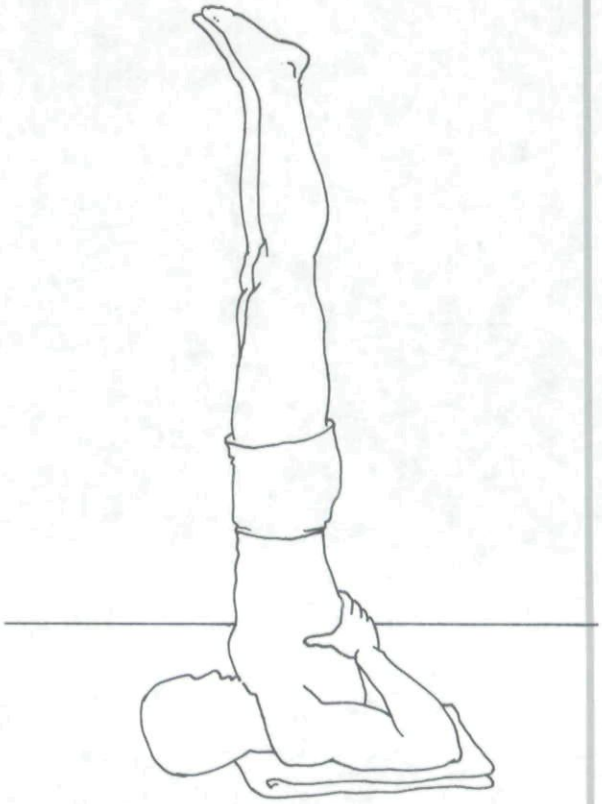
- Kneel on all fours, flex your arms, and place the crown of your head on the floor.
- Exhale, roll your head forward, and bring your chin to your chest.

NOTE This is an essential exercise for those involved in judo and wrestling.

234

- Lie on your back with your hands by your hips, palms down.
- Exhale, push on the floor with your palms, raise your legs and buttocks off the floor, and extend your legs vertically.
- Bend your elbows and place your hands on your lower back for support.

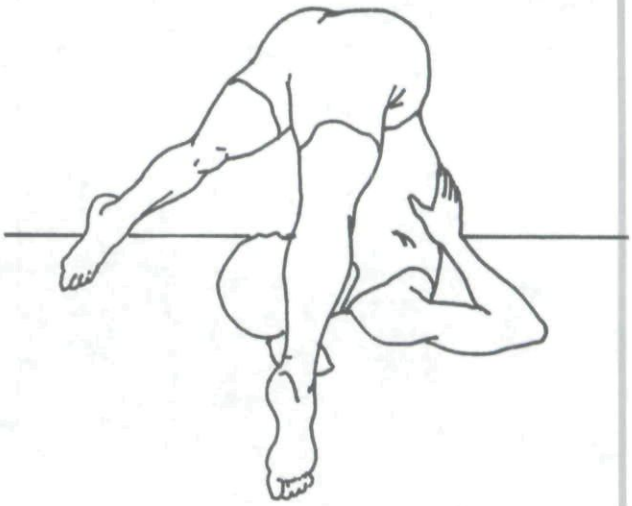
NOTE This is an essential exercise for those involved in judo and wrestling.



235

- Lie on your back with your arms by your hips, palms down.
- Exhale, push on the floor with your palms, raise your legs and buttocks off the floor, and extend your legs vertically.
- Bend your elbows and place your hands on your lower back for support.
- Exhale, keep your legs spread, and lower your feet to the floor.

NOTE You should also feel this stretch in your lower back and hamstrings. This is an essential exercise for those involved in judo and wrestling.



236

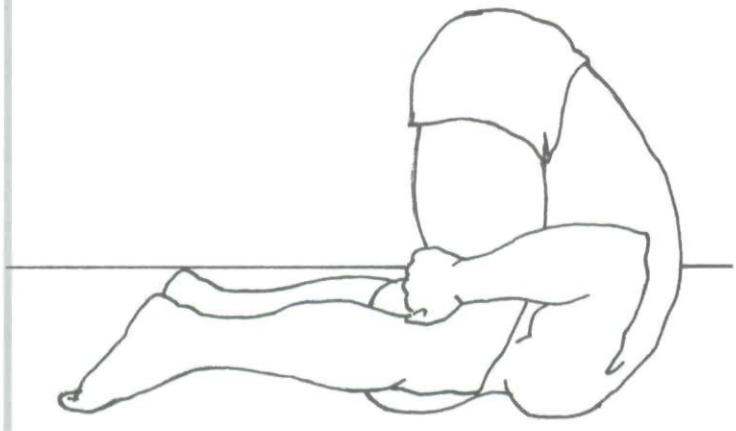


- Lie on your back with your arms by your hips. With your palms pushing down, raise your legs and buttocks off the floor and rest your knees on your forehead.
- Bend your elbows and place your hands on your lower back for support.
- Bring your chin to your chest and flex your knees to the floor on both sides of your ears.
- Exhale, lower your arms to the floor, and interlock your hands.

NOTE This is an essential exercise for those involved in judo and wrestling.

! This exercise may be too advanced or dangerous for even some elite athletes.

237

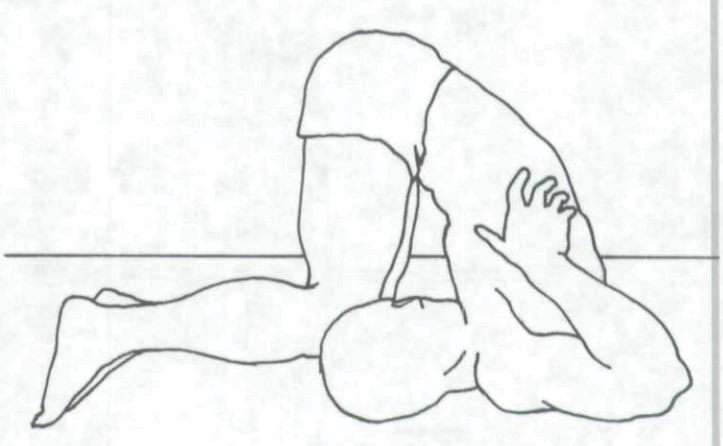


- Lie on your back with your arms by your hips. With your palms pushing down, raise your legs and buttocks off the floor and rest your knees on your forehead.
- Bend your elbows and place your hands on your lower back for support.
- Bring your chin to your chest and flex your knees to the floor on both sides of your ears.
- Exhale, put your hands behind your knees, and pull your thighs to your chest while resting your knees and shins on the floor.

NOTE This is an essential exercise for those involved in judo and wrestling.

238

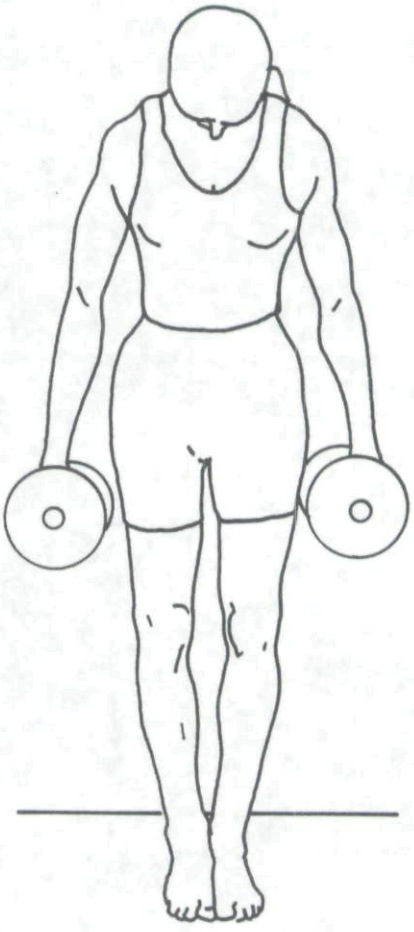
- Lie on your back with your arms by your hips. With your palms pushing down, raise your legs and buttocks off the floor and rest your knees on your forehead.
- Bend your elbows and place your hands on your lower back for support.
- Bring your chin to your chest, flex your knees to the left side of your head, and rest your knees and shins on the floor.



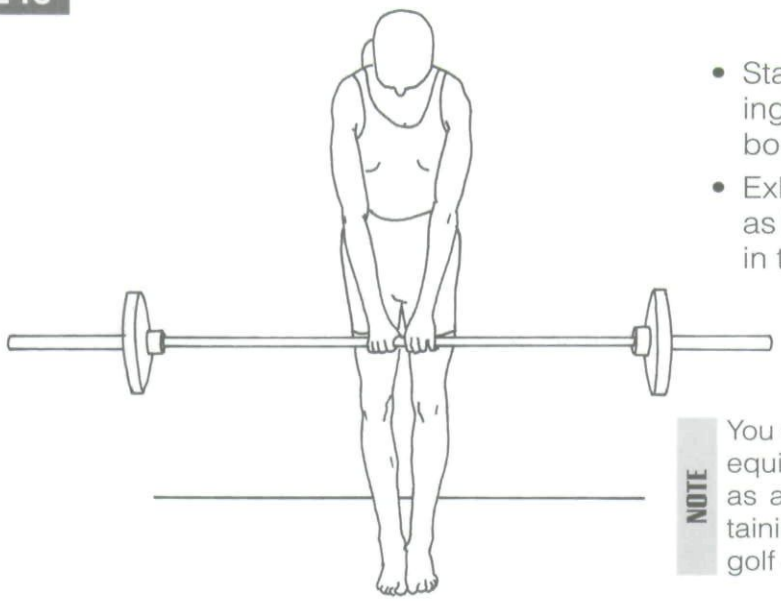
NOTE This is an essential exercise for those involved in judo and wrestling.

239

- Stand with your feet together holding a pair of lightweight dumbbells by your hips.
- Exhale and let your shoulders sink as low as possible. Draw your chin in to rest on your chest.



240



- Stand with your feet together holding a light barbell in front of your body with your hands touching.
- Exhale and let your shoulders sink as low as possible. Draw your chin in to rest on your chest.

NOTE You can also use any weighted sports equipment instead of a barbell, such as a discus, shot put, or a bag containing baseball bats, bowling balls, or golf clubs.

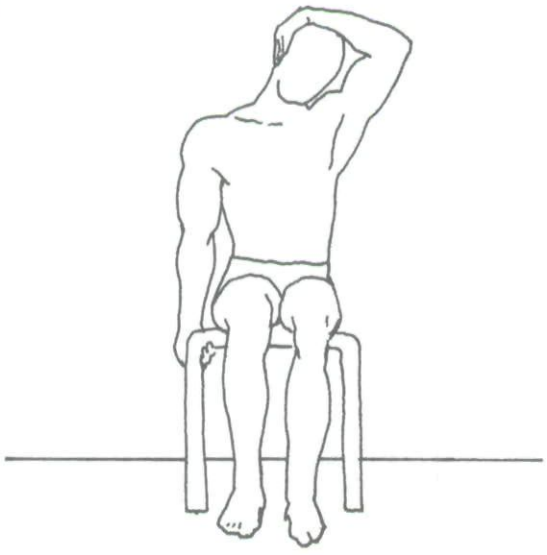
241



- Lie on your back on the floor or on a table with your head hanging over the edge.
- Your partner holds the back of your head with both hands.
- Exhale as your partner gently lifts your head and brings it to your chest.

LATERAL NECK

242



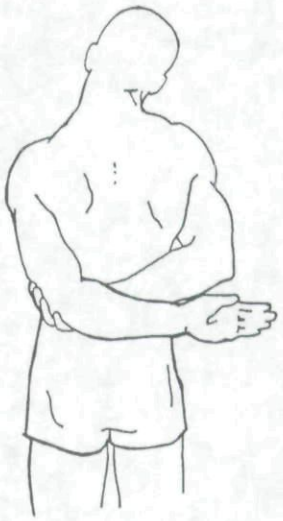
- Sit on a chair with your right hand grasping the lowest part of the chair frame to stabilize your right shoulder.
- Place your left hand on the upper right side of your head.
- Exhale and pull the left side of your head onto your left shoulder.

NOTE The stretch will be dissipated upon release of the chair.

243

- Sit or stand with your left arm flexed behind your back.
- Grasp the elbow from behind with the opposite hand and pull it across the midline of your back to keep your left shoulder stabilized.
- Exhale and lower your right ear to your right shoulder.

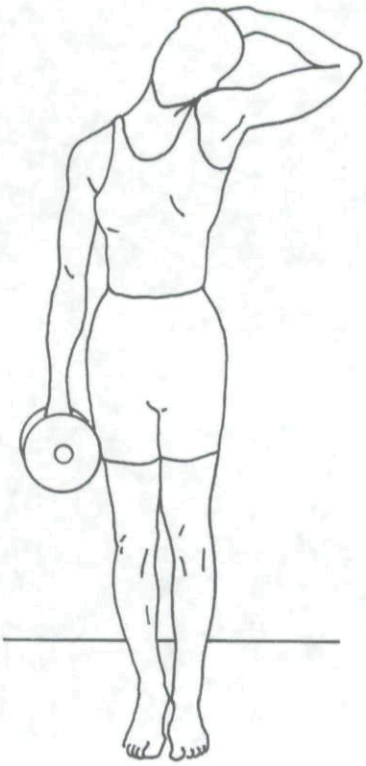
NOTE The stretch will be dissipated upon release of the anchored shoulder.



244

- Stand with your feet together, holding a lightweight dumbbell in your right hand.
- Exhale and let your right shoulder sink as low as possible as you place your left hand on the upper right side of your head.
- Exhale and pull the left side of your head onto your left shoulder.

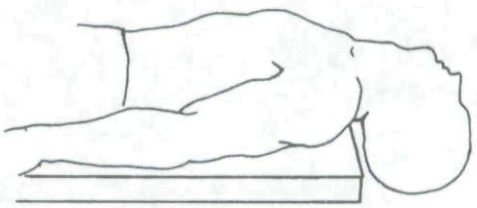
NOTE Keep your left shoulder fixed.



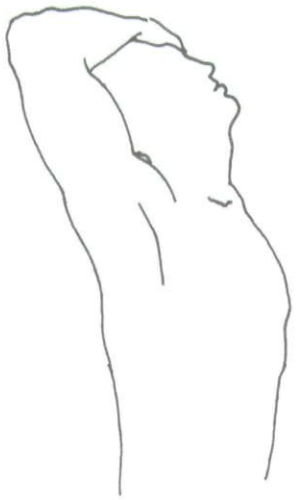
ANTERIOR NECK

245

- Lie on your back on a table with your head hanging over the edge.
- Hold the stretch and relax.



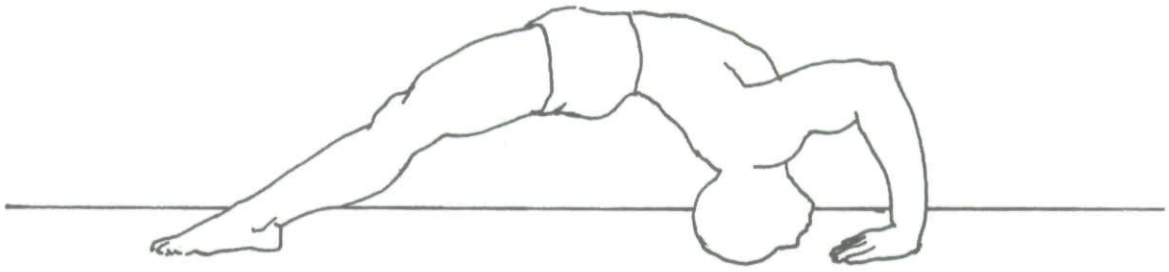
246



- Sit or stand and carefully lean your head back.
- Place your hands on your forehead, exhale, and gently pull your head backward.

NOTE This exercise is important for those involved in judo or wrestling.

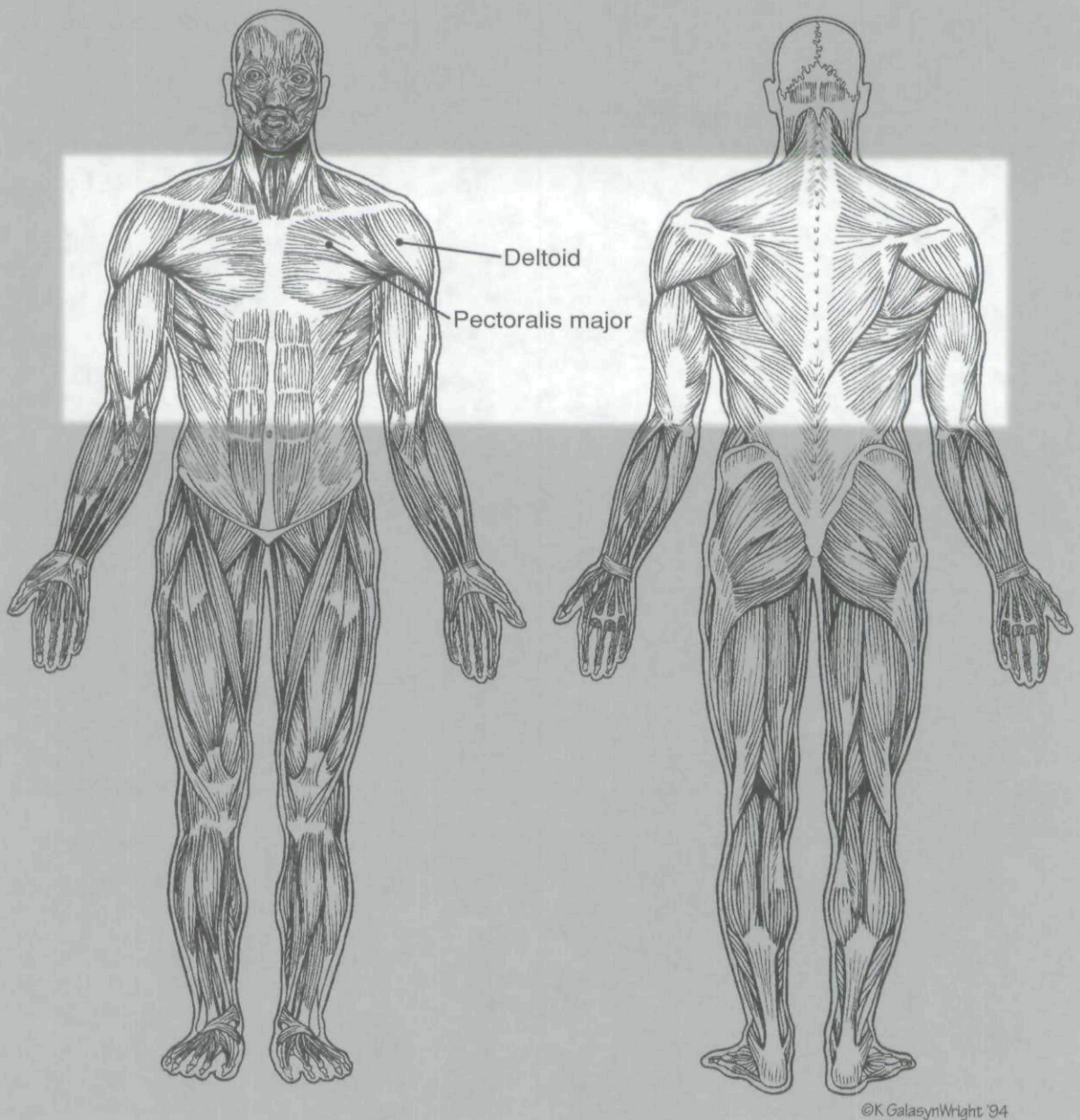
247



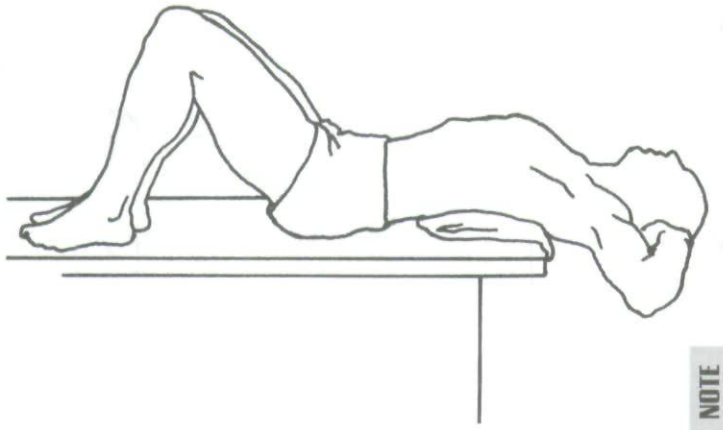
- Lie on your back with your heels close to your hips, the palms of your hands on the floor under your shoulders, and your fingers pointing toward your feet.
- Inhale, raise your trunk, and rest your forehead on the floor.
- Exhale and roll your head backward.

NOTE This this is an essential exercise for those involved in judo and wrestling.

PECTORALS



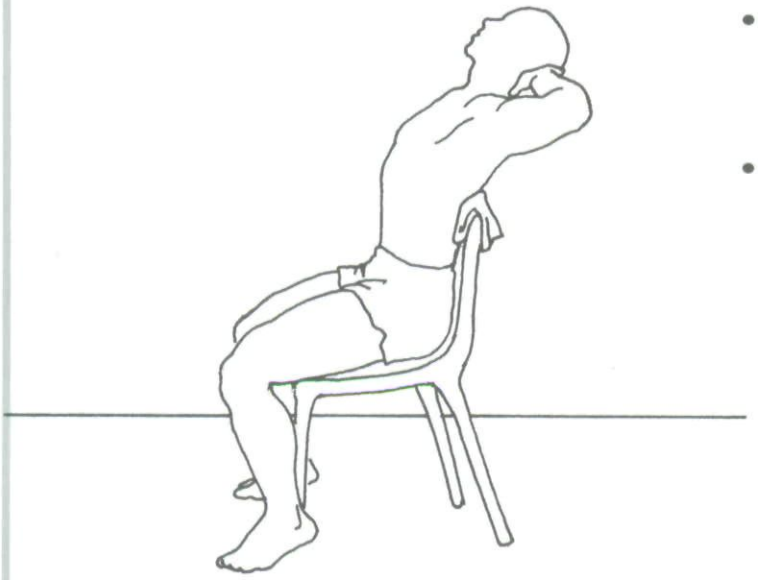
248



- Lie on a table with a folded blanket under your upper back, your legs flexed, your upper torso hanging over the edge, and your hands interlocked behind your head.
- Exhale and lower your head and shoulders toward the floor.

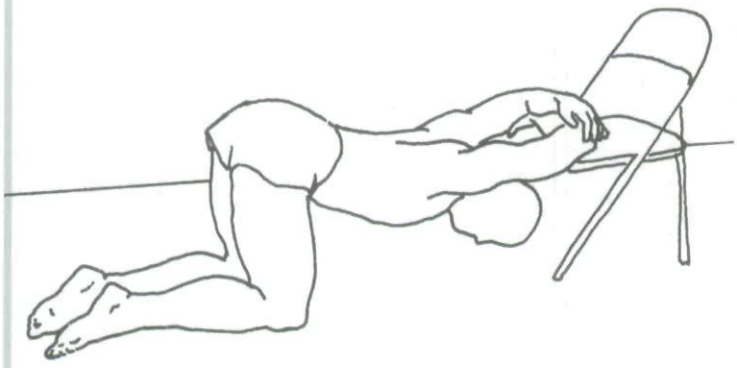
NOTE Keep your neck extended and your elbows abducted. Also, if necessary, a partner can anchor your feet.

249



- Sit on a chair with your hands interlocked behind your head and the top of the chair at midchest level.
- Inhale, lean your upper torso backward, and pull your arms backward.

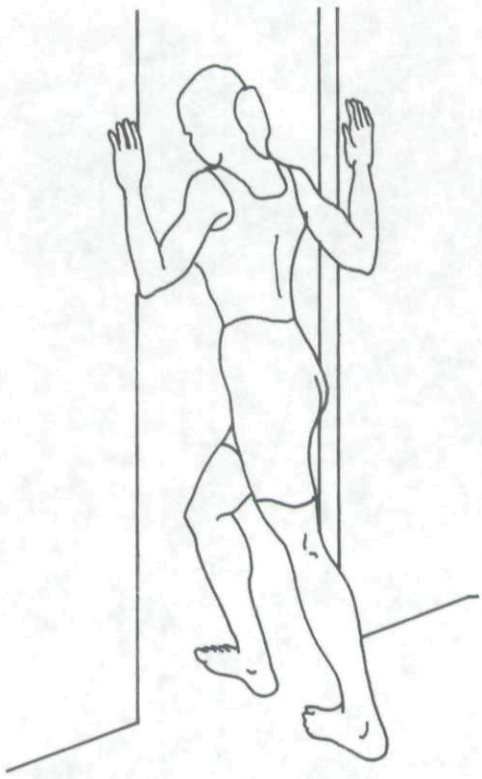
250



- Kneel on the floor facing a barre or chair.
- Interlock your forearms above your head and bend forward to rest them on top of the barre or chair, with your head dropping beneath the surface. Exhale and let your head and chest sink to the floor.

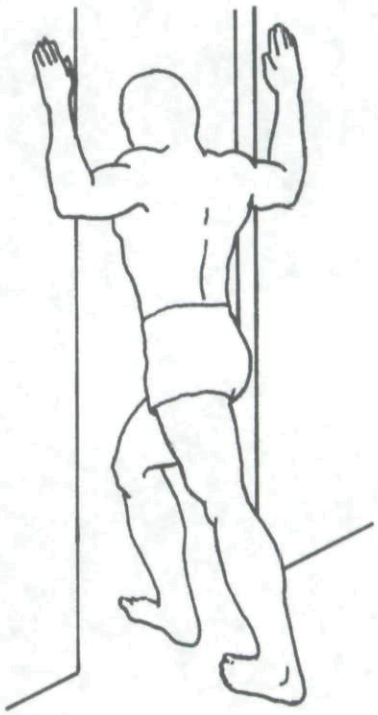
251

- Stand facing a corner or open doorway.
- Raise your elbows in a reverse *T* (elbows below your shoulders) to stretch the collarbone section of the pectoral muscles bilaterally.
- Exhale and lean your entire body forward.

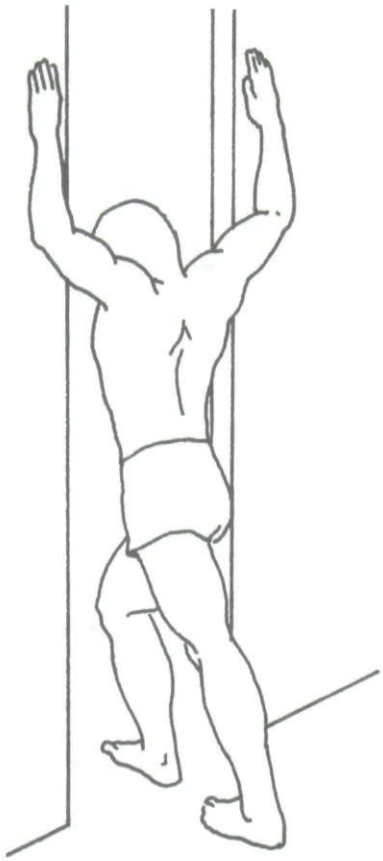


252

- Stand facing a corner or open doorway.
- Raise your elbows to shoulder height at your sides, bend your elbows so that your forearms point straight up, and place your palms against the walls or door frame to stretch the sternal section of the pectoral muscles on both sides. This position will form the letter *T*.
- Exhale and lean your entire body forward.

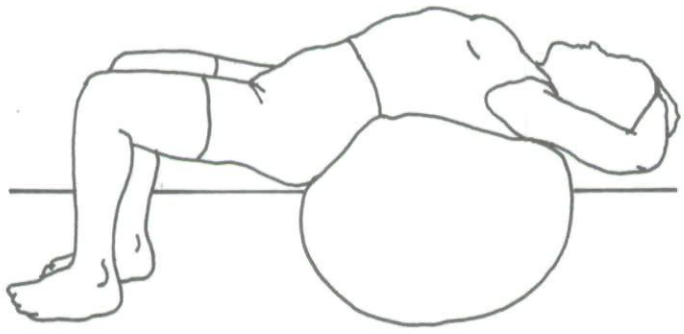


253



- Stand facing a corner or open doorway.
- Raise your elbows above shoulder height at your sides to form the letter *V*, slightly flex your elbows, and place your palms against the walls or door frame to stretch the rib section of the pectoral muscles on both sides.
- Exhale and lean your entire body forward.

254

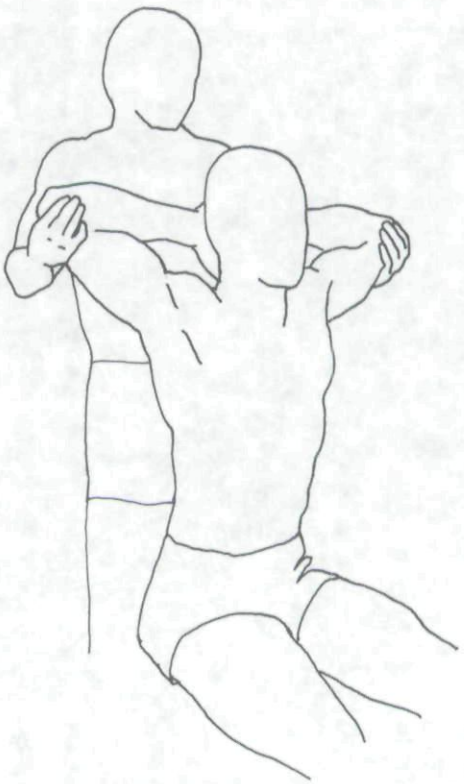


- Sit on the floor with a large Swiss ball against your lower back and your hands interlocked behind your head, elbows facing forward.
- Inhale, extend your thighs, raise your buttocks off the floor, roll the ball, and achieve a neutral position. The ball should be under your shoulder blades (scapula), with your lumbar spine flat, your knees flexed at 90 degrees, and your elbows abducted.

NOTE You should feel the stretch in the upper chest and thoracic area.

255

- Sit with both arms flexed and your hands interlocked behind your head.
- Your partner grasps both elbows and pulls them backward toward each other.

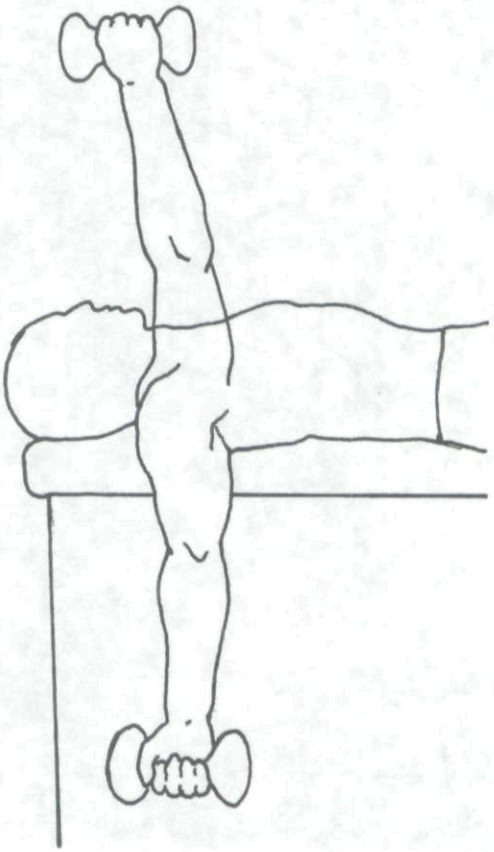


256

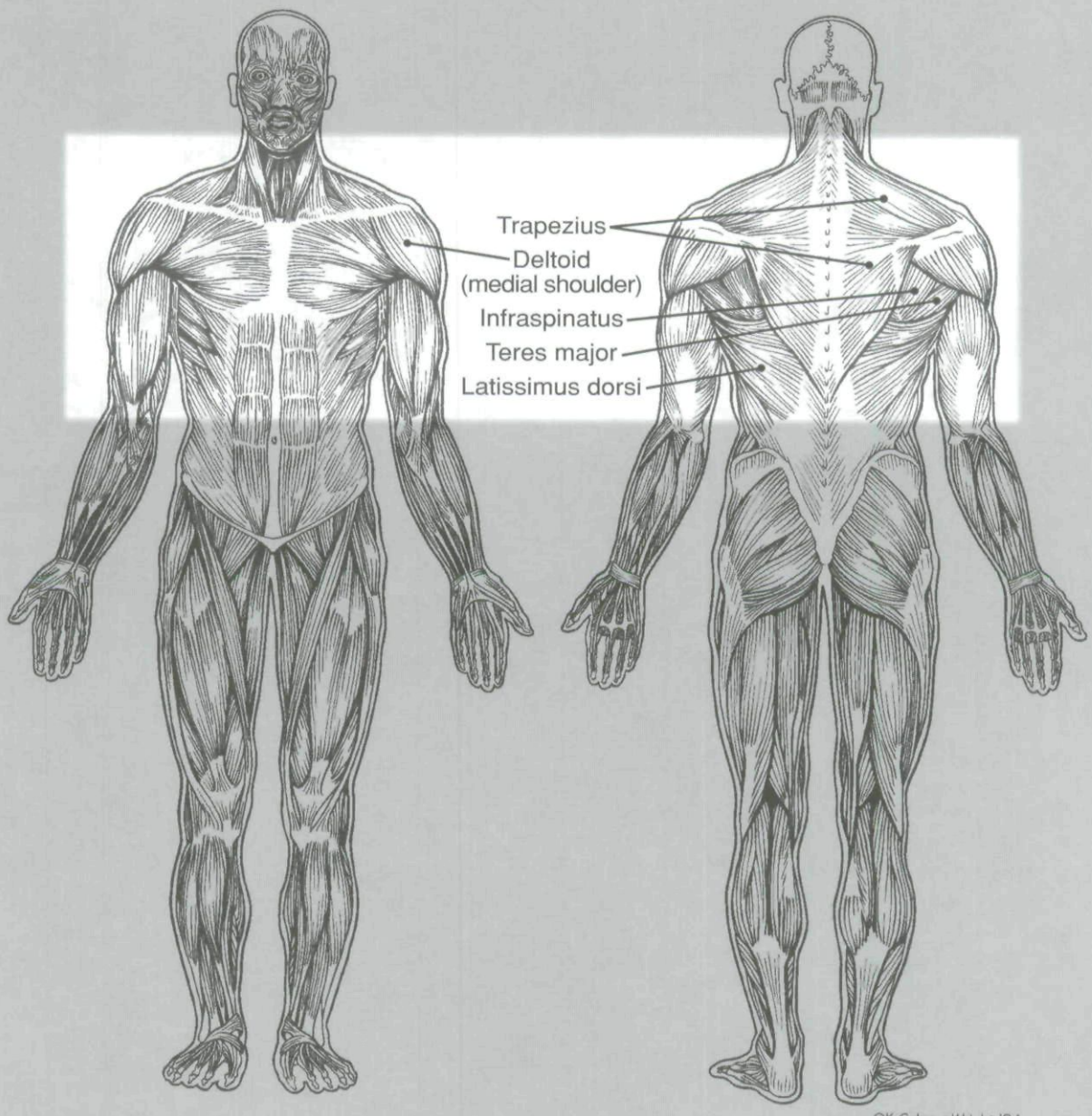
- Lie on a bench with your legs flexed and your feet resting on its surface.
- Hold two lightweight dumbbells directly over your chest with your arms straight and knuckles facing out.
- Keeping your arms slightly flexed, lower the dumbbells sideways, moving your elbows until they are level with your shoulders. Exhale and return to the starting position, bringing the dumbbells back up in an arc.

NOTE You can also execute these "flys" with straight arms.

This exercise can apply extreme tension to the elbow and shoulder joints.

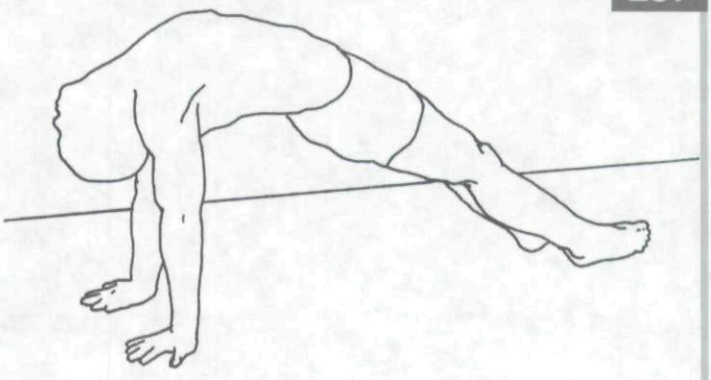


SHOULDERS

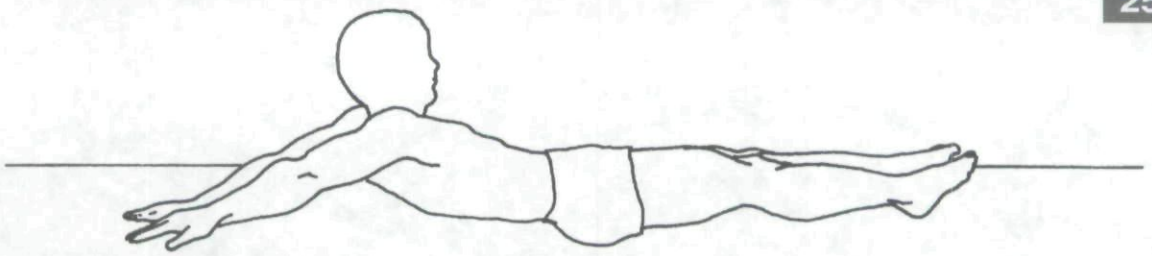

Trapezius
Deltoid
(medial shoulder)
Infraspinatus
Teres major
Latissimus dorsi
©K GalasynWright '94

257

- Sit on the floor with your hands about one foot (30 centimeters) behind your hips, your fingers pointing away from your body, and your legs extended forward.
- Inhale, lift your buttocks, raise your trunk off the floor, and open your chest as wide as possible.



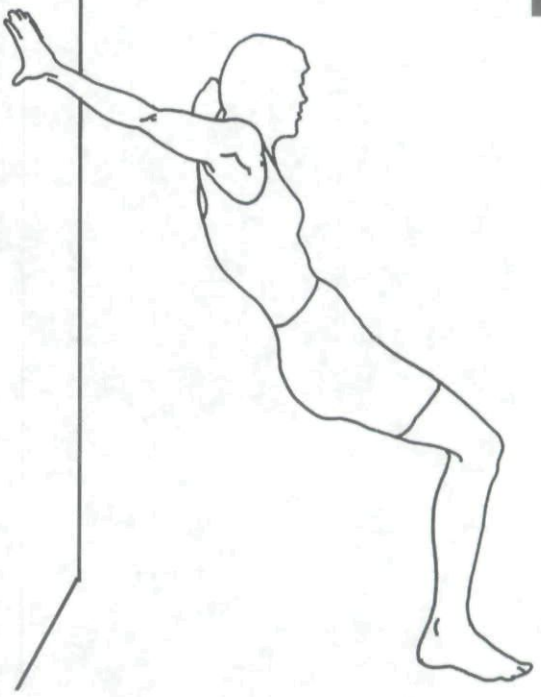
258



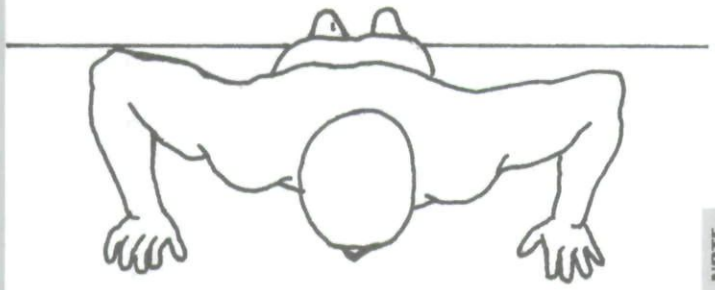
- Sit on the floor with your hands about one foot (30 centimeters) behind your hips, your fingers pointing away from your body, palms down, and your legs extended forward.
- Exhale, slide your buttocks forward, and lean backward as far as possible.

259

- Stand with your hands behind your back, resting on a wall at about shoulder height, and your fingers pointing upward.
- Exhale, flex your legs, and lower your shoulders.



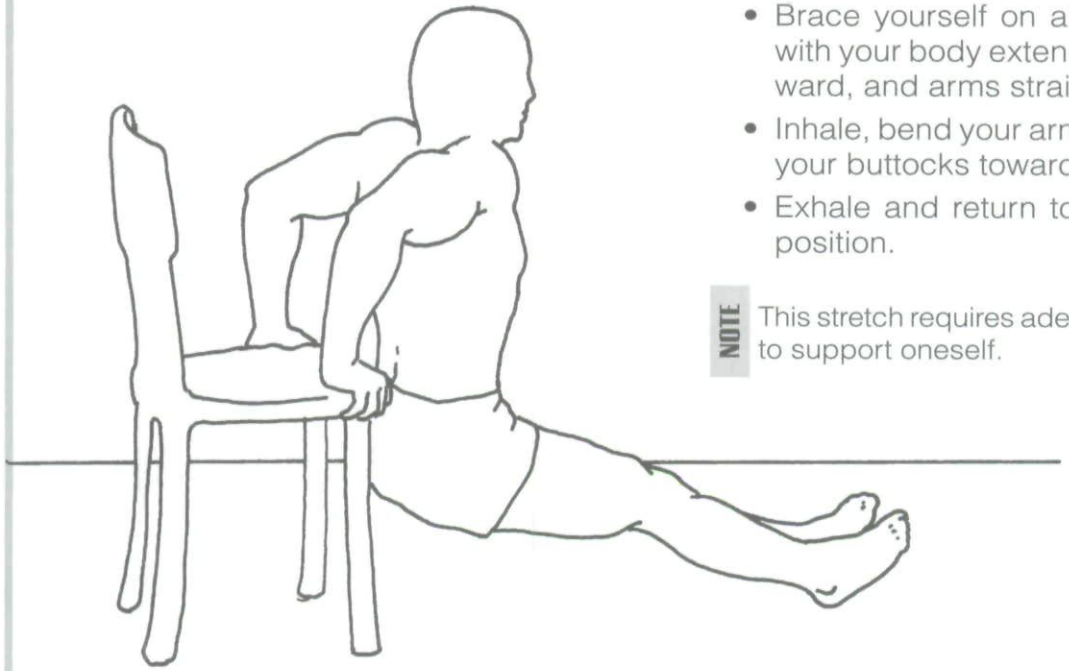
260



- Assume a push-up position with your arms as wide as possible.
- Exhale and lower your chest almost to the floor before returning to the starting position.

NOTE This stretch requires adequate strength to support oneself.

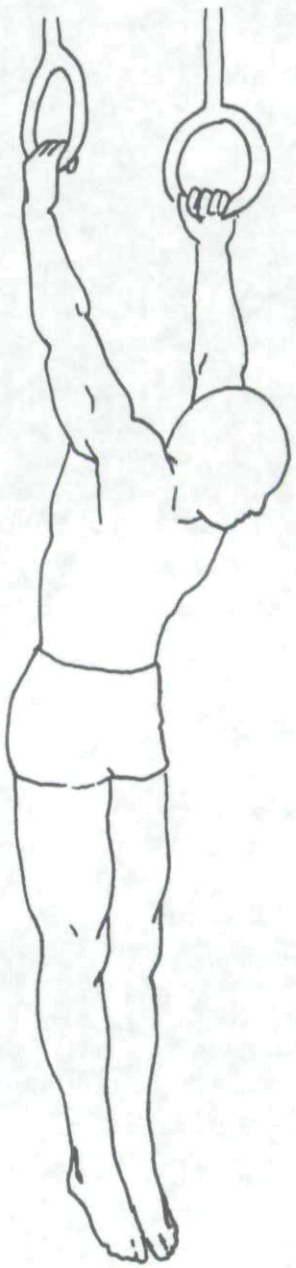
261



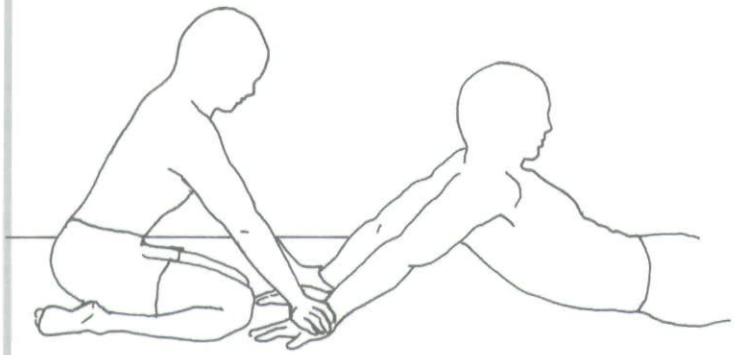
- Brace yourself on a sturdy chair with your body extended, hips forward, and arms straight.
- Inhale, bend your arms, and lower your buttocks toward the floor.
- Exhale and return to the starting position.

NOTE This stretch requires adequate strength to support oneself.

- Hang from a pair of still rings, inhale, and raise your body to an inverted hang.
- Exhale and lower your legs to the floor (skin the cat). Sink as low as possible in the shoulders.



263

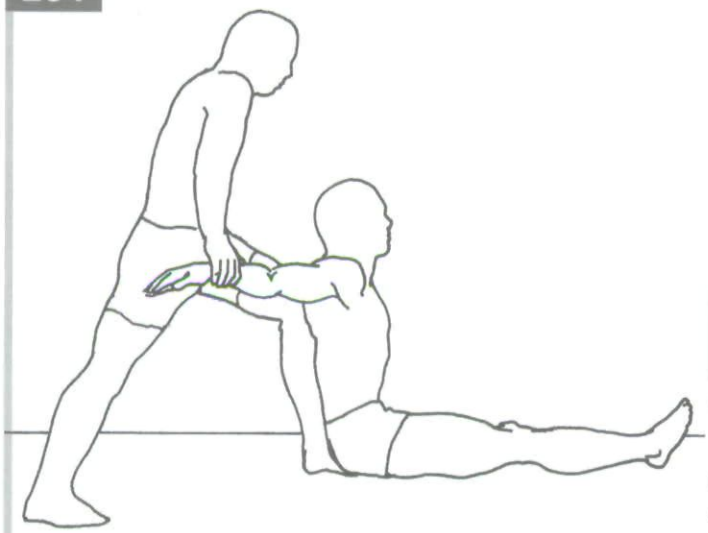


- Sit on the floor with your hands about 12 inches (30 centimeters) behind your hips, your fingers pointing away from your body, palms down, and your legs extended forward.
- Your partner kneels directly behind you and holds both wrists.
- Exhale as your partner gently pulls your arms backward and downward.

NOTE Be sure to communicate with your partner. It is not necessary for the wrists to touch each other.

Stretching to the point where the elbows cross behind the back has been criticized for increasing the likelihood of anterior dislocation in swimmers.

264

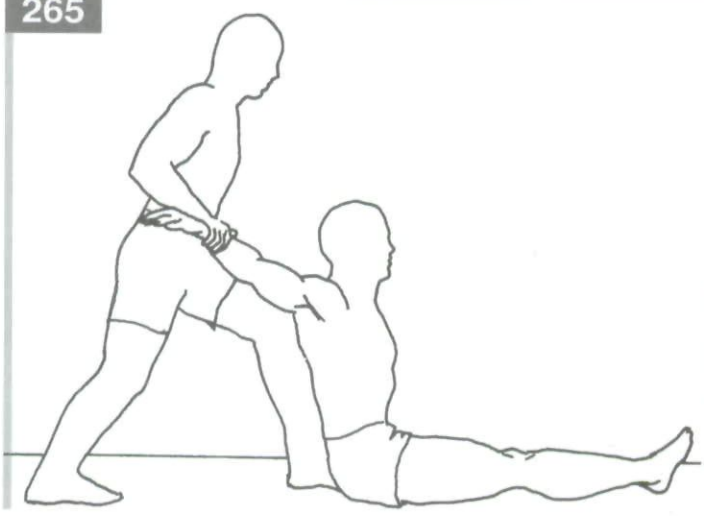


- Sit or kneel on the floor with your arms raised horizontally behind your back.
- Your partner holds both wrists and gently pulls your arms backward in a horizontal plane.

NOTE It is not necessary for the wrists to contact each other.

Stretching to the point where the elbows cross behind the back has been criticized for increasing the likelihood of anterior dislocation in swimmers.

265

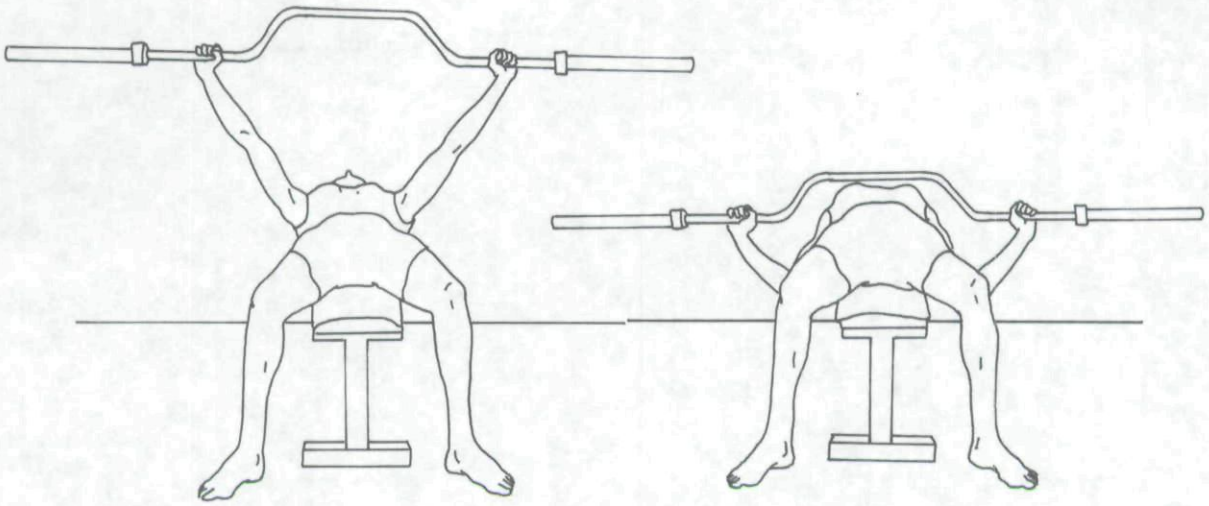


- Sit or kneel on the floor with your arms raised above horizontal behind your back.
- Exhale as your partner gently pulls your arms backward and upward.

NOTE It is not necessary for the wrists to contact each other.

Stretching to the point where the elbows cross behind the back has been criticized for increasing the likelihood of anterior dislocation in swimmers.

266

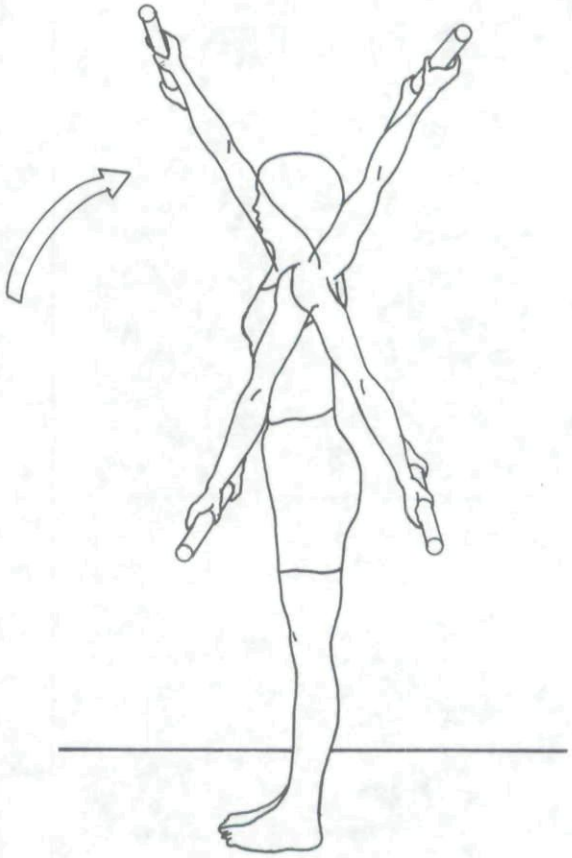


- Lie on a bench with your legs resting on the floor. Hold an unweighted cambered Olympic bar with your arms straight.
- Inhale and lower the bar until it almost contacts your anterior neck, then exhale and return the bar to its starting position.

NOTE The cambered Olympic bar is a bar specially designed for weight lifting.

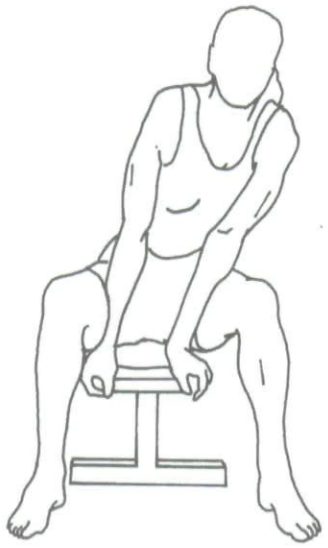
267

- Stand with your legs together. Grasp a pole or towel in front of your hips with a wide overgrip (palms facing down).
- Inhale and raise your arms overhead, keeping them straight and symmetrical, with no twisting to the side as they rotate in the shoulder joint and end up behind your hips.
- Inhale, then reverse the direction.



MEDIAL SHOULDER (DELTOIDS)

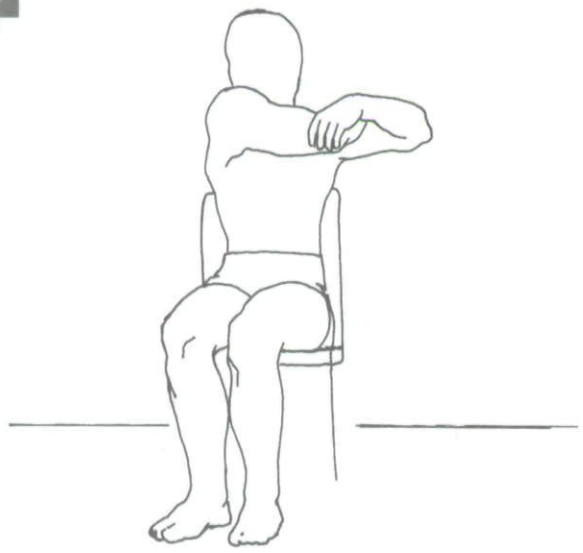
268



- Sit on a bench with both arms straight, hands flat on the bench surface, and shoulders externally rotated.
- Exhale, weight your arms by lowering your body, and lean toward one side and then the other.

LATERAL SHOULDER

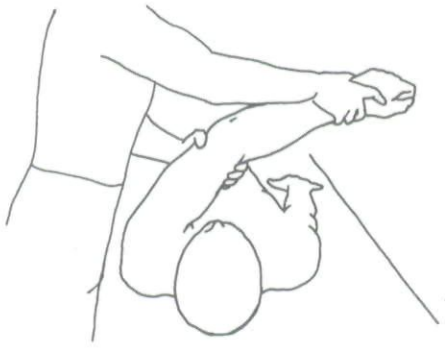
269



- Sit or stand with one arm raised to shoulder height; flex the arm across to the other shoulder.
- Grasp your raised elbow with the opposite hand, exhale, and pull your elbow backward.

NOTE Experiment with flexing and extending the arm of the stretched shoulder to find the most effective stretch.

270

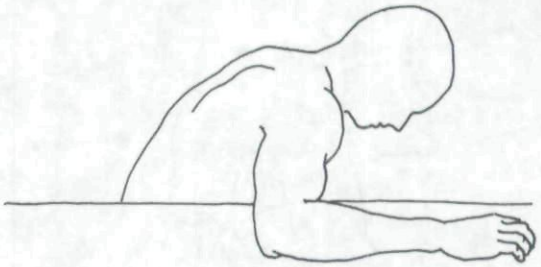


- Lie on your back on a table with one arm raised vertically.
- Your partner grasps your elbow with one hand and your wrist with the other and pushes your extended arm across your chest.

SHOULDER INTERNAL ROTATORS

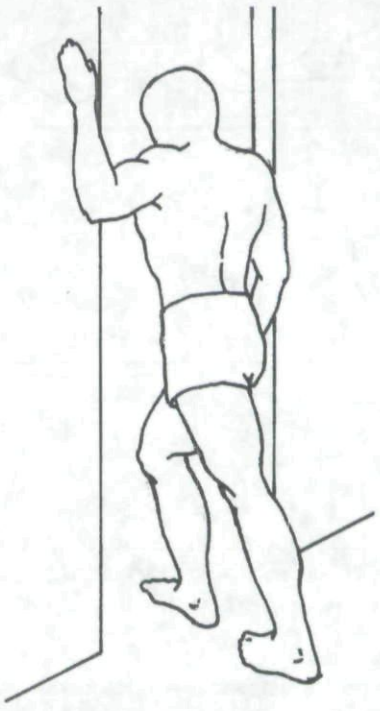
271

- Sit with your side next to a table and rest your forearm along the table edge with your elbow flexed.
- Exhale, bend forward from the hips, and lower your head and shoulder to table level.



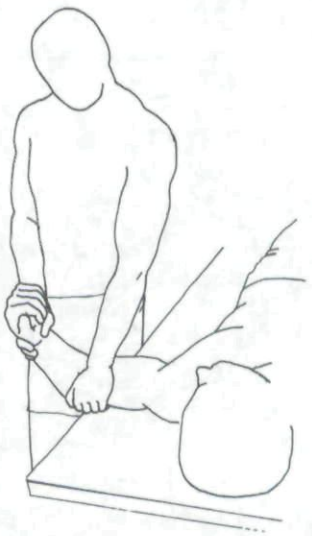
272

- Stand facing the edge of a door frame. Flex your elbow and place your hand on the frame.
- Exhale and turn away from your fixed arm as it remains against your side.

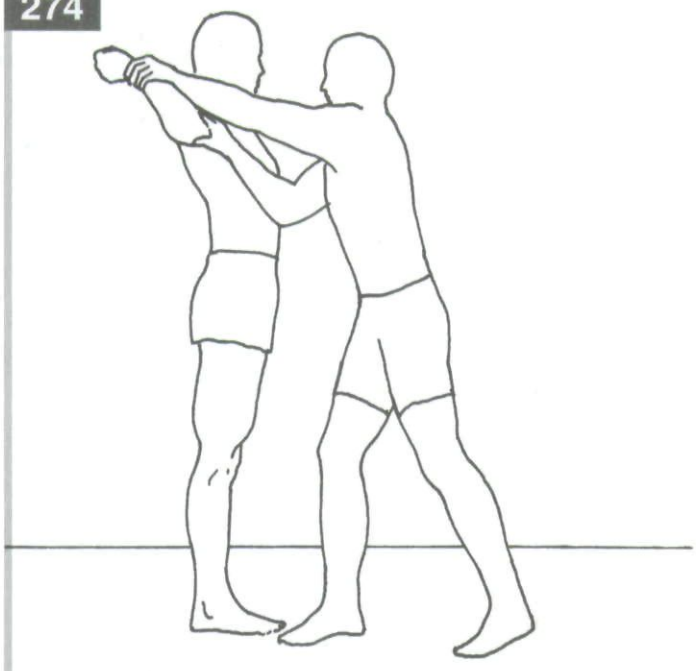


273

- Lie on your back on a table and flex your arm with your elbow resting over the edge.
- Your partner anchors your elbow with one hand and gently pushes downward on your wrist with the other.

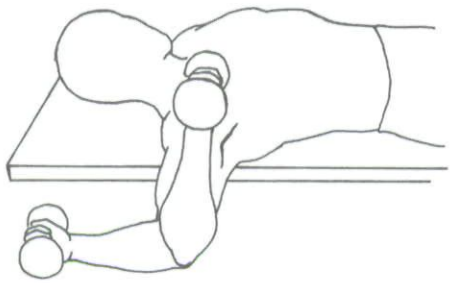


274



- Stand with your right arm raised to shoulder height and flexed at a right angle.
- Your partner pushes your right wrist backward and downward with his left hand while supporting your right elbow with his right hand.

275

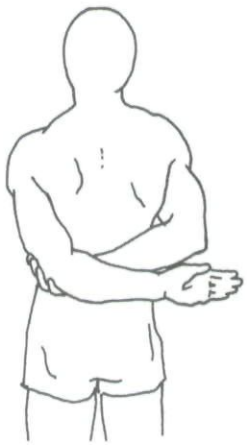


- Lie on a bench or table with your arm resting over the edge and your elbow flexed at a 90-degree angle while holding a lightweight dumbbell.
- Inhale and lower the weight until parallel with your head, then exhale and return to the starting position.

Do not do this stretch if you have recently suffered an anterior shoulder dislocation. The stretch should be done only after the injury has healed, and then with a partner providing support under the wrist.

SHOULDER EXTERNAL ROTATORS (POSTERIOR)

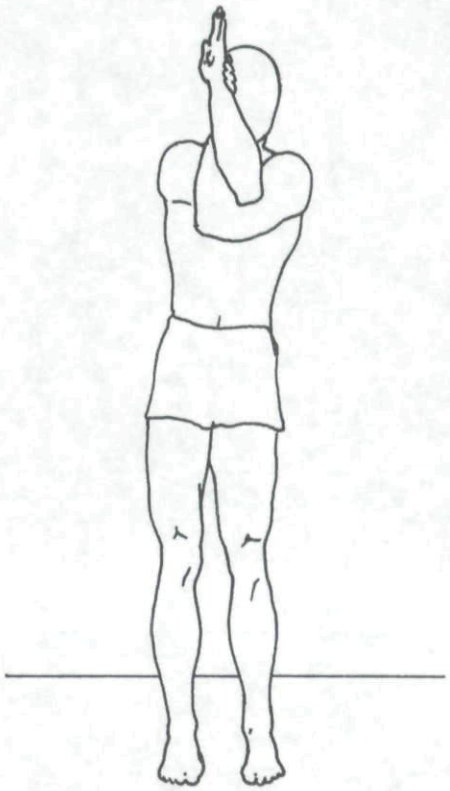
276



- Sit or stand with one arm flexed behind your back and grasp the elbow from behind with your opposite hand.
- Exhale and pull your elbow across the midline of your back. Grasp your wrist if you are unable to reach your elbow.

277

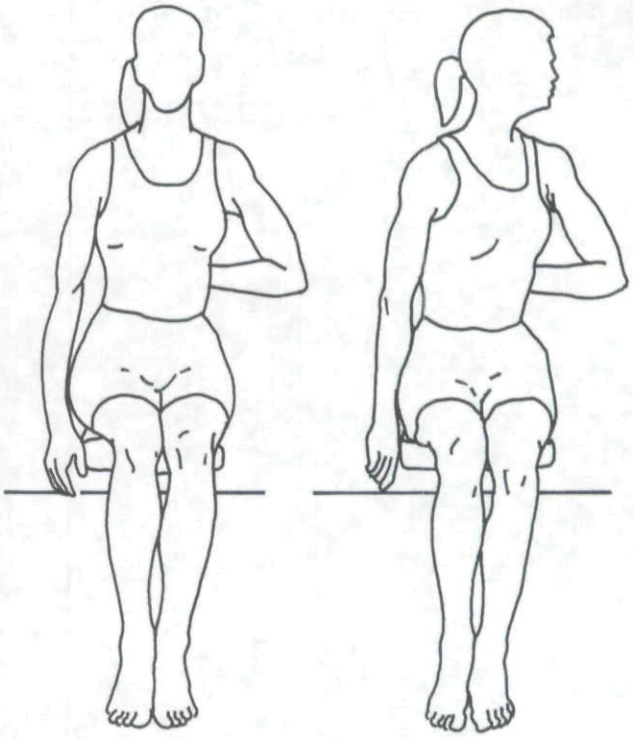
- Sit or stand, flex your right arm, and raise your elbow to chest height.
- Flex and raise your left arm so its elbow can support your right elbow and intertwine your forearms so your left hand grasps your right wrist.
- Exhale and pull your wrist outward and downward.



278

- Sit on a chair with a firm back and place one arm behind the back at about waist level.
- Exhale and turn your head and rotate your trunk toward the stretched side.

NOTE To increase this stretch, gently push your elbow against the back of the chair. After each successive contraction, rotate your trunk a bit farther in the direction of the arm being stretched.



279



- Sit or stand and place your palms together behind your back with your fingers pointing downward.
- Inhale, rotate your wrists so your fingers are pointing toward your head, and draw your elbows back.

280



- Sit on a chair with your legs together and your feet flat on the floor. Place both hands on your hips with the thumbs facing forward.
- Bend forward from the hips and rest the anterior part of your shoulders on your knees.
- Exhale and let your elbows move forward and attempt to touch each other.

NOTE Intensify this stretch by stretching one shoulder and having the opposite hand grasp and pull down on the elbow.

281

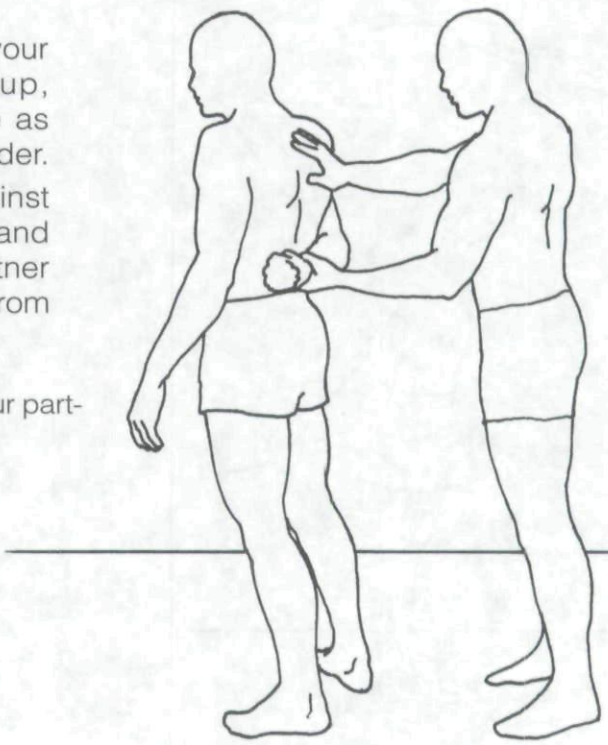


- Sit or kneel with your palms together behind your back and your fingers pointing downward.
- Inhale; rotate your wrists so your fingers are pointing toward your head as your partner pulls both elbows backward.

282

- Stand with one arm behind your back, the thumb pointing up, reaching your hand as close as possible to the opposite shoulder.
- With one hand anchored against your scapula and the other hand grasping your wrist, your partner gently pulls your hand away from your back.

NOTE Be sure to communicate with your partner.



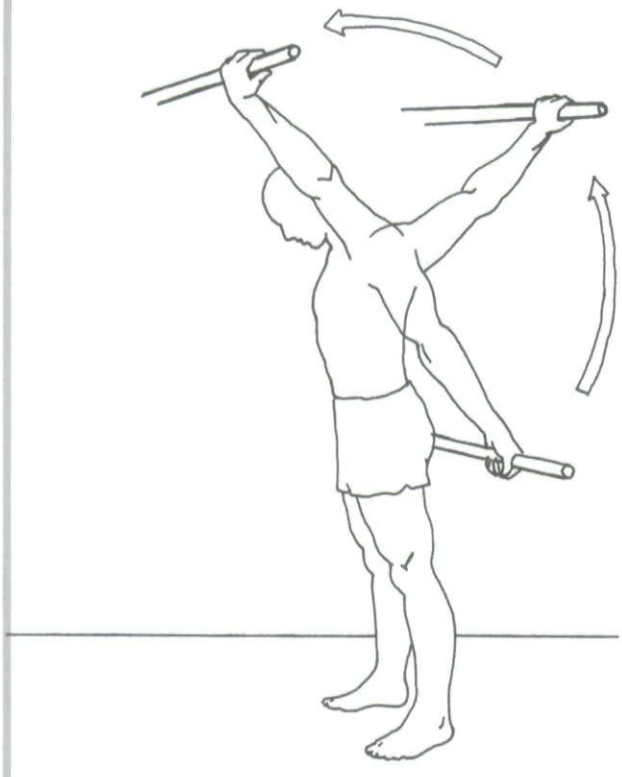
283

- Lie on your back on a table and flex your arm and rest your elbow over the edge.
- Your partner anchors your elbow with one hand and grasps your wrist with the other.
- Exhale as your partner gently pushes your hand forward and downward toward your feet.

NOTE Communicate with your partner and use great care.



284

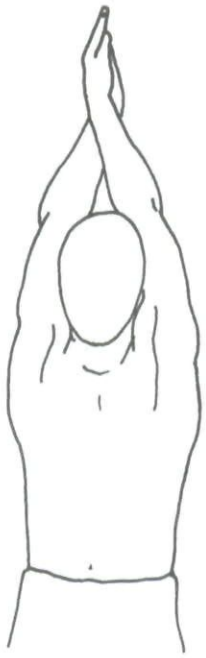


- Stand with your feet spread and grasp a pole or towel with both hands behind your hips in a wide reverse grip (your palms facing forward and thumbs on the outside).
- Straighten and raise your arms overhead, keeping both symmetrical, without twisting to the side as your arms rotate forward in the shoulder joint and end in an L-grip (the palms of the hands facing up and the thumbs under the pole).
- Inhale, then reverse the direction.

NOTE This is an important stretch for gymnasts who work on the horizontal bar.

SHOULDER EXTENSORS

285

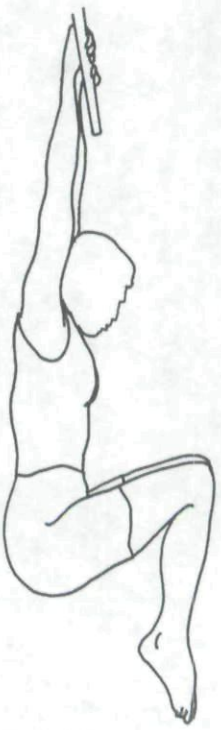


- Sitting or standing, cross one wrist over the other and interlock your hands.
- Inhale, then straighten and extend your arms behind your head. Your elbows should be behind your ears.

286

- Hang from a chin-up bar with your arms straight, hands in an overgrip (palms facing forward) and touching, and your body in a curved position.
- Exhale, keep your arms straight, flex at the hips, and raise your knees; place your chin on your chest, position your elbows behind your head, and let your shoulders sink inward.

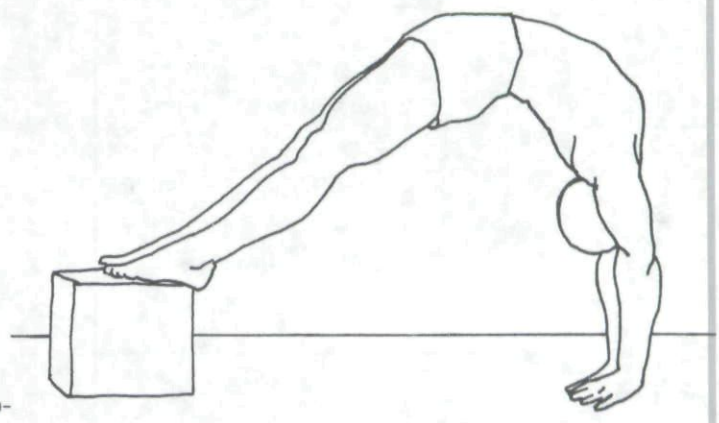
NOTE Keep your hands together, your body straight, and your head behind your arms for the most effective stretch. This stretch can be enhanced by developing a small swing.



287

- Lie on your back with your feet resting on a block or sturdy bench, your hands on the floor by your neck (under the shoulders), and your fingers pointing toward your feet.
- Inhale and raise your torso off the floor into a full bridge.
- Exhale and extend your shoulders past your wrists (vertical).

NOTE You should feel this stretch in the abdomen, shoulders, and upper thigh.



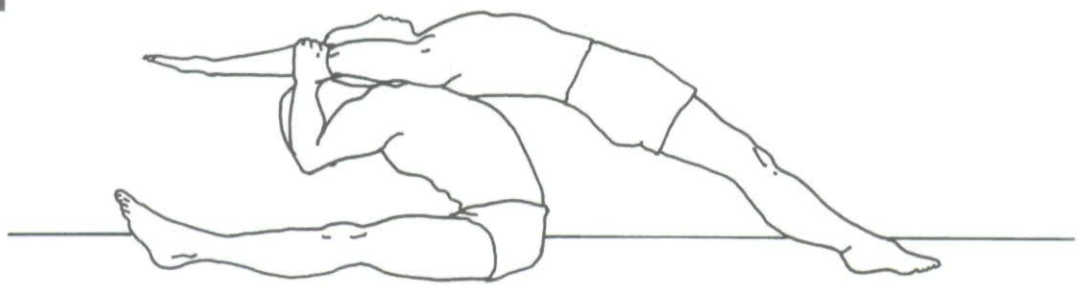
288



- Lie on your back, with your heels close to your hips. Grasp the ankles of your partner, who stands straddling your head.
- Inhale, extend your arms and legs, and raise your body into a full bridge.
- Your partner interlocks his hands beneath your shoulders and lifts you upward and forward.

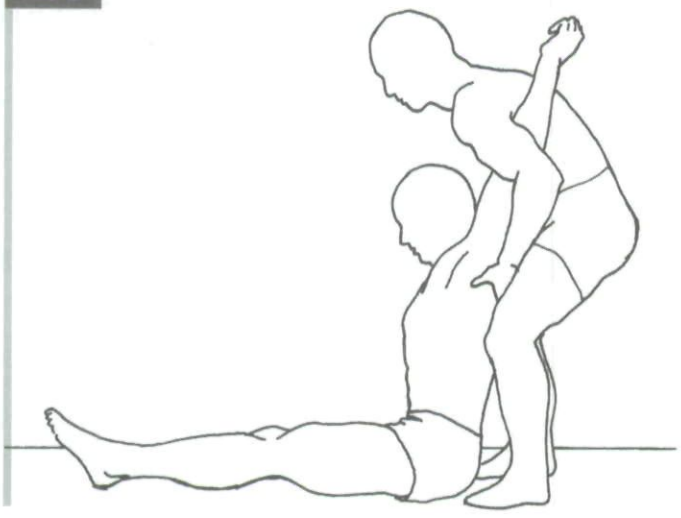
NOTE You should feel this stretch in the abdomen, shoulders, and upper thigh.

289



- Sit upright on the floor with your legs straight and your arms parallel and overhead.
- Your partner sits on the floor, back-to-back with you in the same position, grasping your arms above the elbows.
- Exhale as you allow your partner to lean forward, pull, and lift your torso off the floor.

290



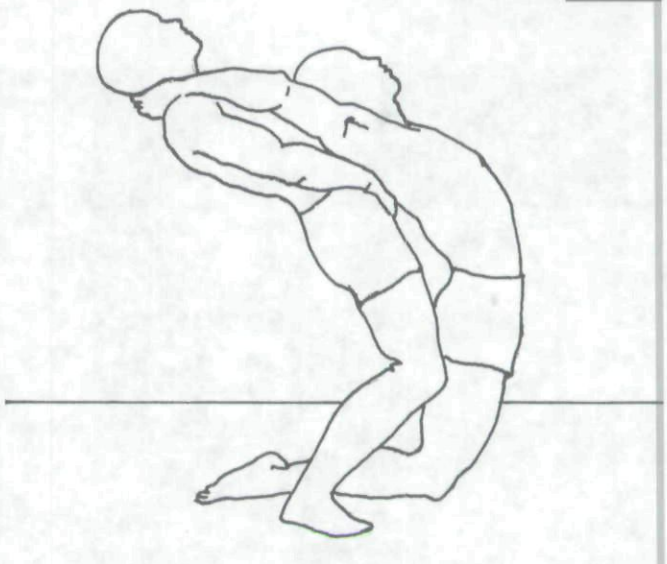
- Sit on the floor with your arms parallel and overhead.
- Your partner braces his knees against your spine, hooks your elbows in his armpits, and places his hands on your upper shoulder blades.
- Exhale as your partner pushes your shoulder blades forward and pulls your arms backward.

NOTE You should feel this stretch in the chest, shoulders, and upper back.

291

- Kneel on the floor with your arms parallel, overhead, and touching your ears.
- Your partner straddles your legs from behind.
- Grasp your partner around the neck and interlock your hands as the partner lifts up and leans backward.

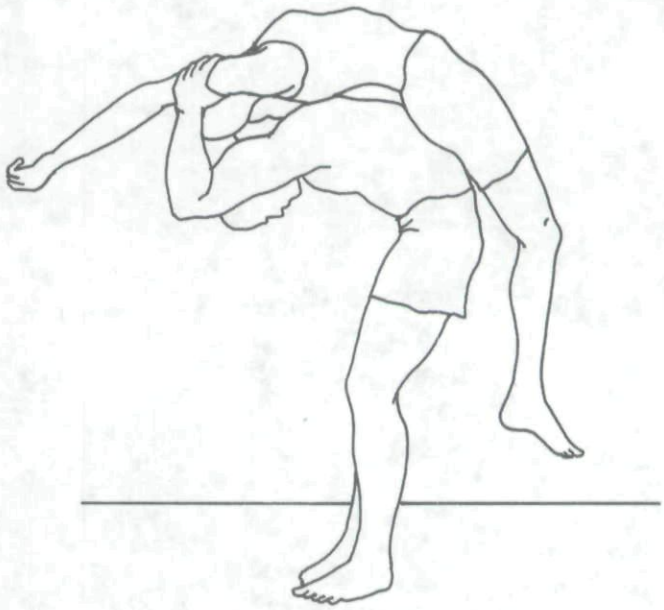
NOTE You should feel this stretch in the chest, shoulders, upper back, and abdomen.



292

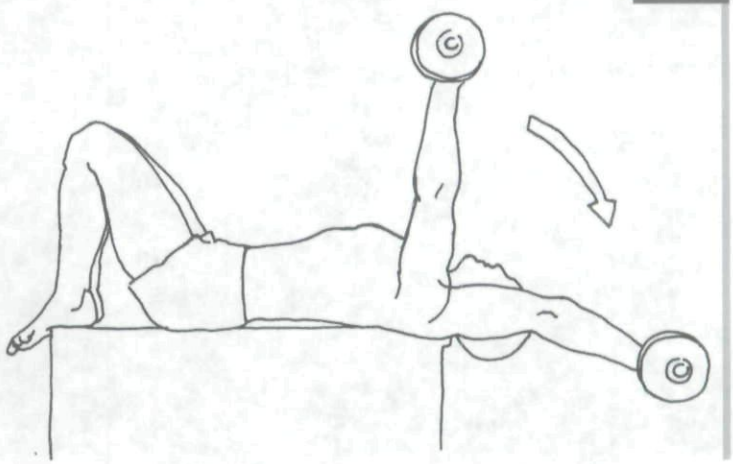
- Stand with your feet together and your arms parallel, overhead, and touching your ears.
- Your partner stands back-to-back with you. With knees flexed and buttocks beneath yours, he reaches upward and grasps your arms between the elbows and shoulders.
- Exhale as your partner gently leans forward, slightly straightens his legs, and lifts you off the floor.

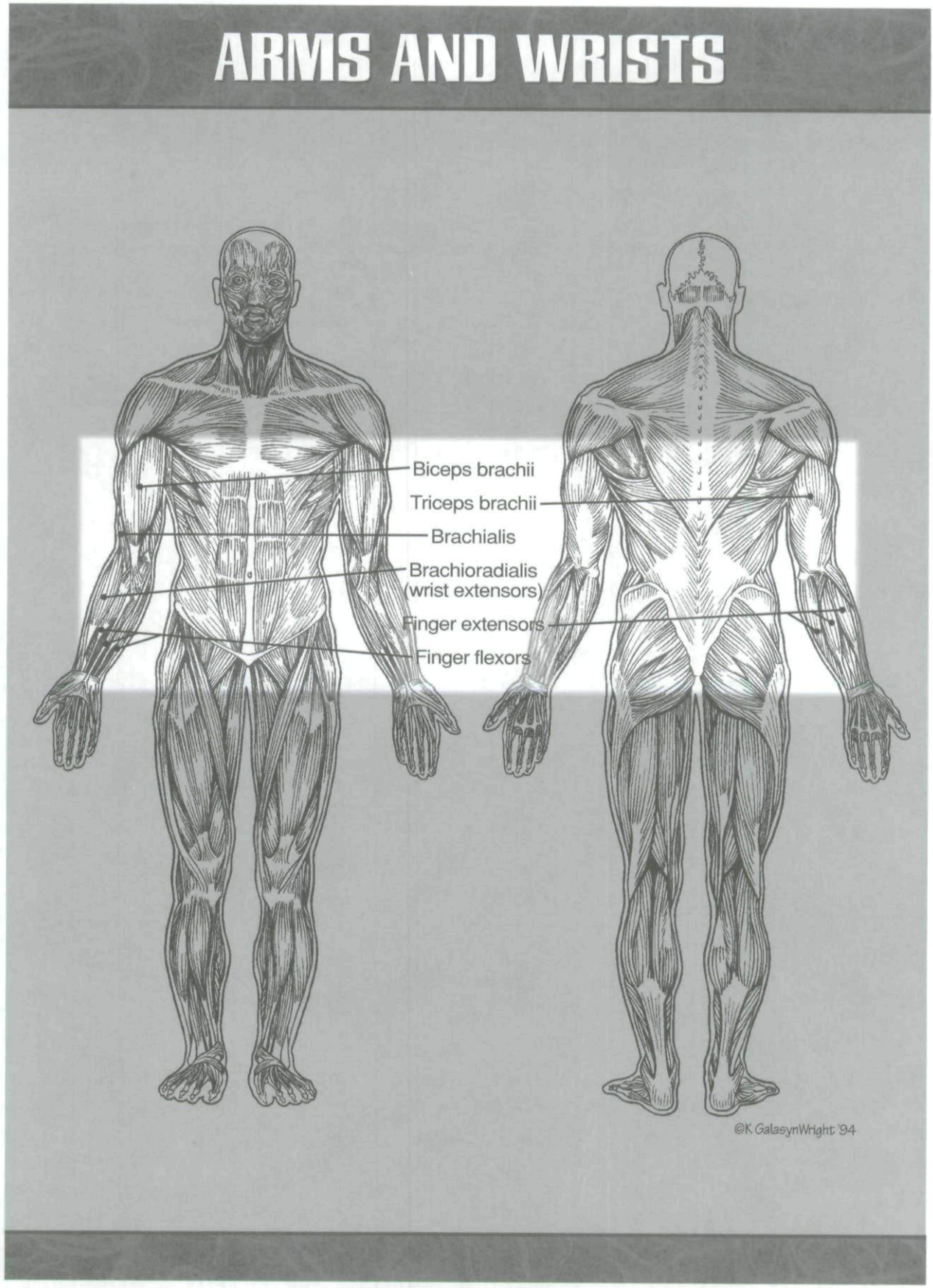
NOTE You should feel this stretch in the chest, shoulders, upper back, and abdomen.



293

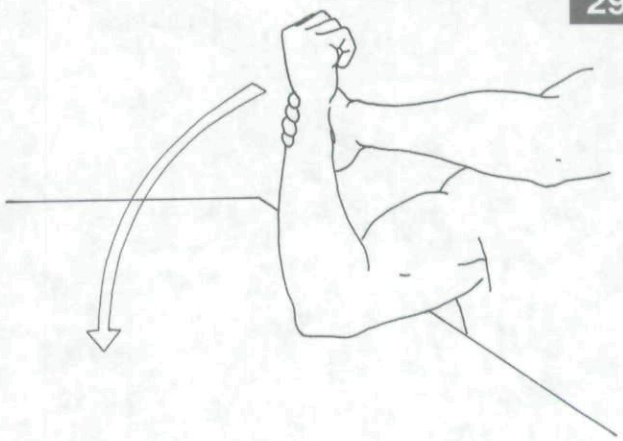
- Lie on your back on a bench. Hold a lightweight dumbbell on your lower chest with both hands.
- Exhale and raise the dumbbell off your chest.
- Inhale, straighten your arms, and lower the dumbbell over your head as close to the floor as possible.
- Exhale and return to the starting point.




ARMS AND WRISTS
Biceps brachii
Triceps brachii
Brachialis
Brachioradialis
(wrist extensors)
Finger extensors
Finger flexors
©K GalasynWright '94

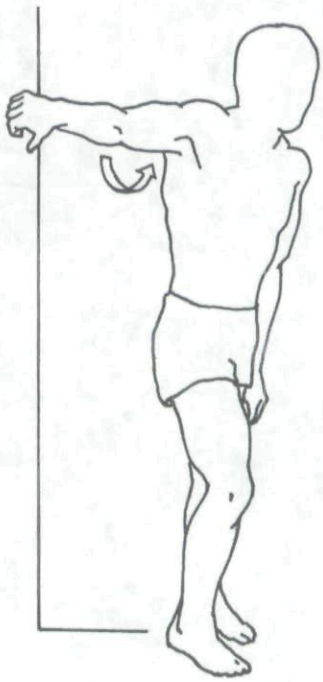
294

- Sit with one arm flexed to 90 degrees and your elbow resting on a table; grasp your wrist with the opposite hand.
- Exhale and contract the biceps as you stretch them with your other hand (eccentric contraction).
- When your arm is fully extended, hold the stretch and relax.



295

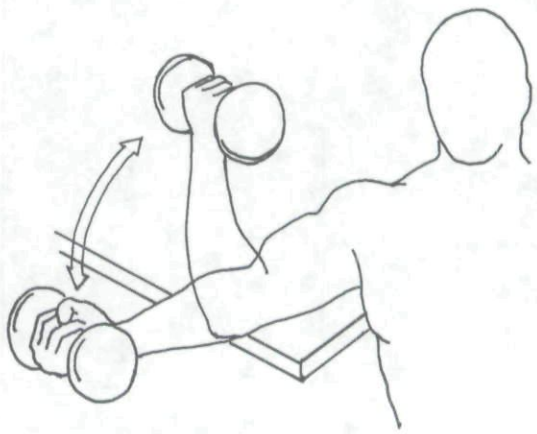
- Stand with your back to a door frame.
- Rest one hand against the door frame with your arm internally rotated at the shoulder, your forearm extended, and your hand pronated with your thumb pointing down. Exhale and attempt to roll your biceps so they face upward.



296

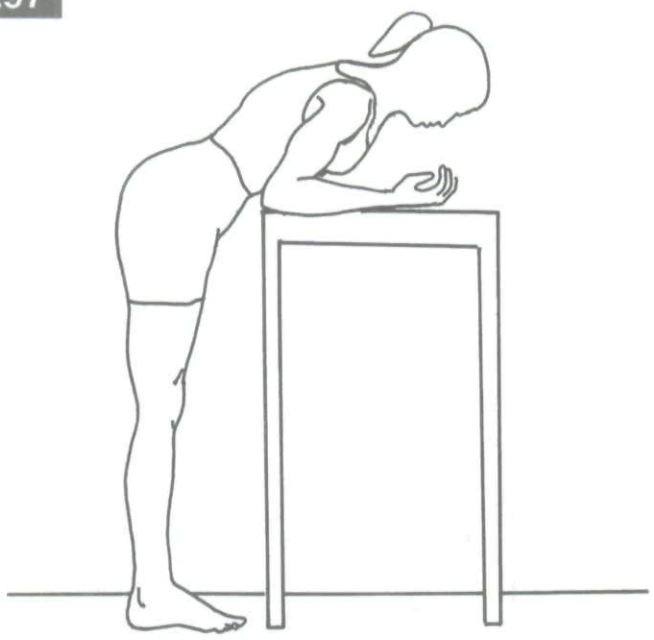
- Sit or stand by a table holding a lightweight dumbbell with your forearm resting on the table surface and your elbow flexed to 90 degrees.
- Inhale and extend your elbow while contracting your biceps (eccentric contraction).
- Exhale and return the weight to the starting position.

NOTE This stretch may result in muscle soreness!



TRICEPS BRACHII

297



- Stand with your forearms resting on a table, palms facing up.
- Exhale, bend forward, and bring your shoulders to your wrist.

298



- Sit or stand with one arm flexed, raised overhead next to your ear, and your hand resting on your shoulder blade.
- Grasp your elbow with the other hand, exhale, and pull your elbow behind your head.

NOTE This stretch is most effective when the raised elbow is against a wall.

299



- Sit or stand with one arm behind your lower back and as far up on your back as possible.
- Lift your other arm overhead while holding a folded blanket or towel and flex your elbow.
- Grasp the blanket or towel with your lower hand and inhale as you pull your hands toward each other.

NOTE This stretch is most effective when the raised elbow is against a wall.

300

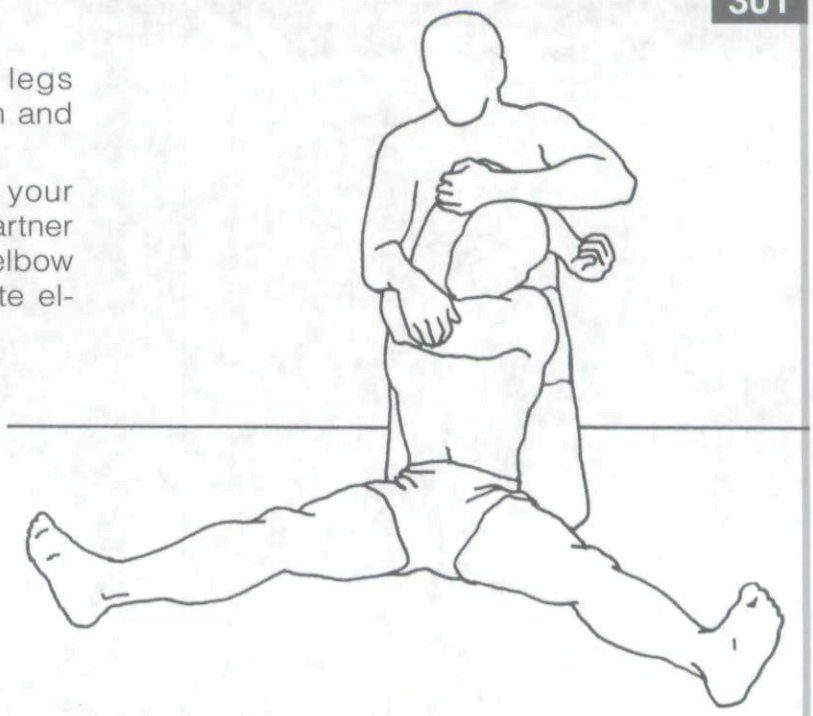
- Sit or stand with one arm behind your back and as far up on your back as possible.
- Lift your other arm overhead, flex your elbow, and interlock your fingers.

NOTE This stretch is most effective when the raised elbow is against a wall.



301

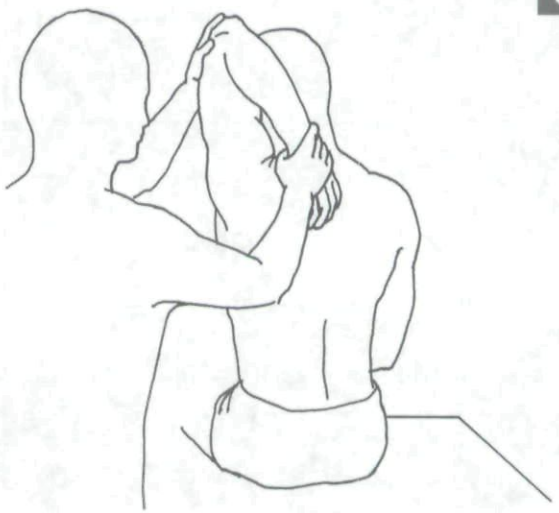
- Sit on the floor with your legs spread; raise your right arm and flex it behind your head.
- Flex your left arm across your chest and inhale as your partner pulls down on your raised elbow and across on your opposite elbow.



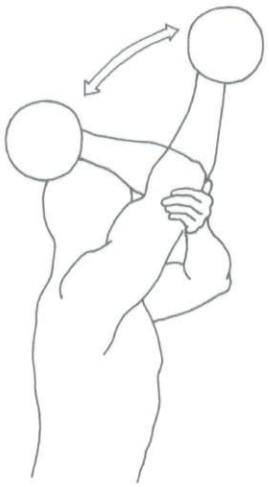
302

- Sit or stand with one arm flexed and raised overhead next to your ear and your hand resting on your shoulder blade.
- Your partner grasps your wrist with one hand and holds your elbow with the other.
- Exhale as your partner gently raises your elbow and pulls your wrist downward.

NOTE Be sure to communicate with your partner and use great care.



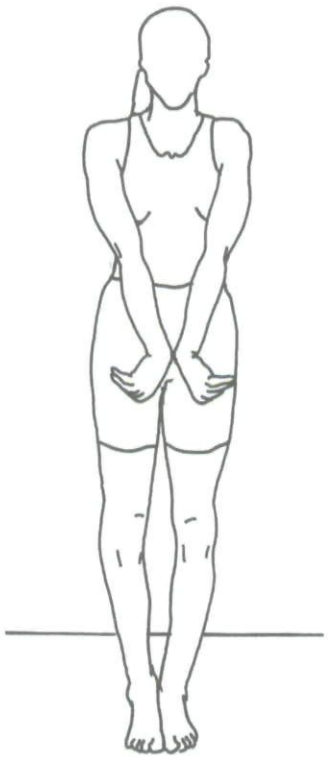
303



- Sit and hold a lightweight dumbbell overhead with one hand as the other hand supports your elbow.
- Inhale as you lower the dumbbell behind your head. Exhale as you return to the starting position.

WRIST EXTENSORS (BRACHIORADIALIS)

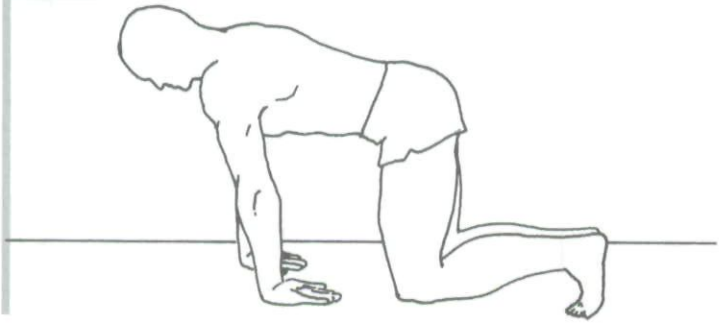
304



- Stand with your arms straight and your palms facing each other.
- Exhale and rotate your hands and wrists inward.

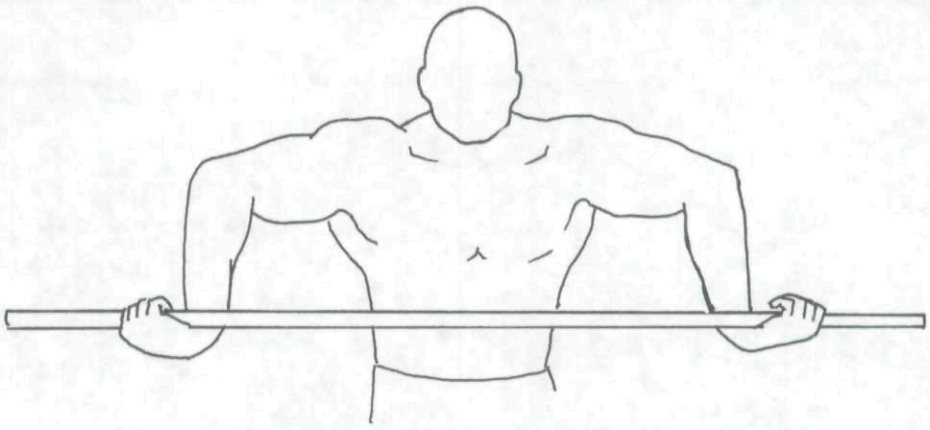
NOTE You may wish to rotate your hands and wrists rhythmically.

305



- Kneel on all fours, flex your wrists, and place the tops of your hands against the floor, fingers pointing toward your knees.
- Exhale and lean against the floor.

306



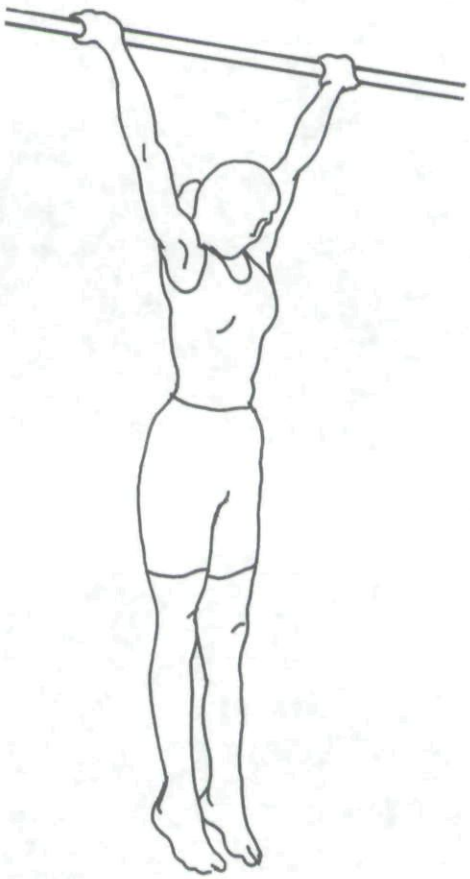
- Hold a pole above your head with your hands in an L-grip (the back of the hand facing up and the thumbs grasping under the pole).
- Exhale and lower the pole in front of your body to your waist while flexing your elbows.

NOTE Modify this stretch by using a bat, racquet, or golf club of appropriate length.

307

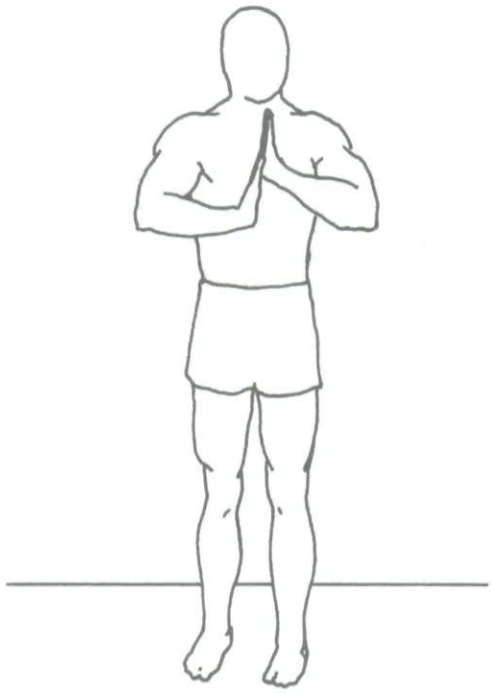
- Hang from a chin-up bar with your arms straight.
- Release one hand and regrasp the bar in an L-grip.

NOTE You should feel this stretch in the lats as well as the brachioradialis. If the stretch is too uncomfortable, stand on a chair to reduce the intensity.



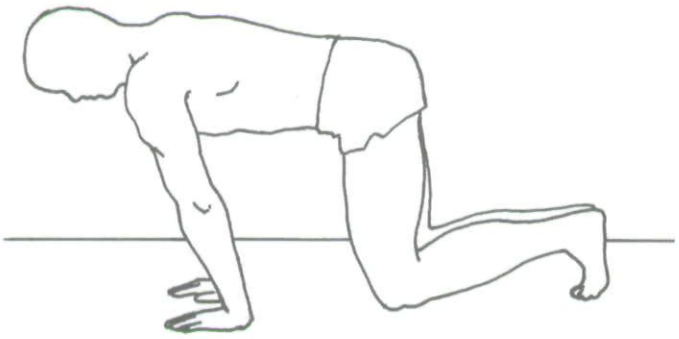
WRIST FLEXORS

308



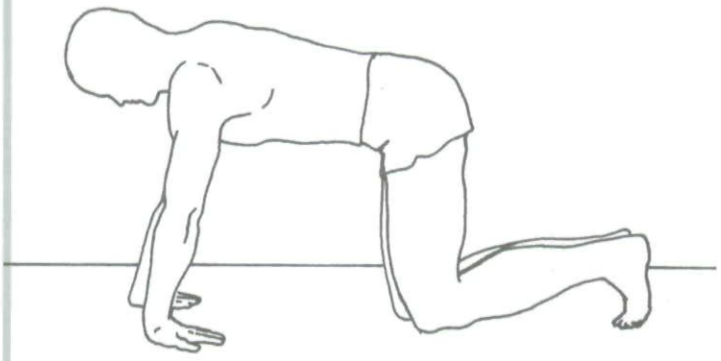
- Sit or stand on the floor with your wrists bent backward.
- Place the heel of one hand against the upper portion of the fingers of your other hand, and press the heel of your hand against your fingers.

309



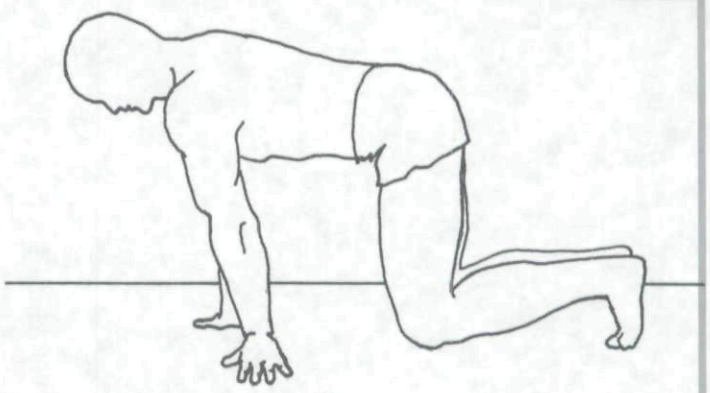
- Kneel on all fours, flex your wrists, and place your palms against the floor, fingers pointed away from your body.
- Exhale and lean forward.

310



- Kneel on all fours, flex your wrists, and place your palms against the floor with the fingers pointing toward your body.
- Exhale and lean backward.

- Kneel on all fours, flex your wrists, and place your palms against the floor with the heel of each hand touching the other.
- Exhale and lean forward and backward.



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