

PART III

STRETCHING ROUTINES FOR SPECIFIC SPORTS

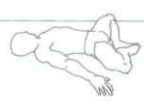
Ideally, stretching routines should be tailored to the needs and requisites of your sport. The sport-specific stretching tables (covering 41 total sports) in this section suggest routines to stretch your entire body. To stretch all 12 body regions in each table in 15 minutes, do two to three repetitions of each stretch held for 10 seconds or one repetition of each stretch held for 10 to 30 seconds. Where appropriate, repeat the stretch on the other side of the body. Each exercise in the table is ordered according to its order of appearance in part IV.

Additionally, I have highlighted and illustrated the 12 best stretches for each sport, and beneath each figure is the number that coincides with the stretch. These best stretches were determined by culling information from a variety of books and journals, from empirical evidence, and from personal experience. The stretch number helps you find the description and instructions for the stretch in part IV. If you find these best stretches either too easy or too difficult, simply substitute another that meets your needs for the same muscle group or region to come up with your own best list. You may also wish to adapt static stretches into either active, dynamic, or PNF stretches, or vice versa. The easiest way to develop your own sport-specific stretching routine is to ask questions of your coach or experiment using the stretches presented in this book.

If you are a serious athlete, the 15 minutes spent on stretching may be the most important minutes of your practice or performance session. Practical, everyday experience substantiates that flexibility enhances and optimizes the learning, practice, and performance of many skilled movements. Furthermore, proper stretching exercises may decrease the incidence, intensity, or duration of musculotendinous and joint injury.



ARCHERY

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1, 5, 10	1 
Lower legs	16, 19, 24, 27, 28, 42	42 
Hamstrings	50, 52, 53	52 
Adductors	83, 84, 86, 88	84 
Quadriceps	119-121, 123	121 
Hips and gluteals	138, 147, 152, 155	152 
Lower torso	181, 192, 195, 197	195 
Upper back	227, 229, 230	229 
Neck	231, 242, 243, 246	231 
Pectorals	249-253, 255, 256	252 
Shoulders	259, 269, 271, 275, 276, 278	259 
Arms and wrists	295, 299, 300, 308	300 

BASEBALL, SOFTBALL, AND CRICKET

for general field players



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 4, 5, 7	5 
Lower legs	16, 18, 21, 23, 26, 31, 42	21 
Hamstrings	50, 53, 63, 65	53  
Adductors	87, 91, 92, 97, 108, 111	91 
Quadriceps	119-121, 124, 131	122 
Hips and gluteals	136-138, 143, 151, 152, 157, 161, 162	161 
Lower torso	182, 192, 197, 213, 214, 222, 223	182 
Upper back	227, 229, 230	227 
Neck	231, 235, 241, 243, 246	231 
Pectorals	248, 250, 253, 255, 256	253 
Shoulders	258, 269-271, 273-276, 280	280 
Arms and wrists	295, 298, 300, 304-306, 308-310	295 



BASEBALL, SOFTBALL, AND CRICKET

for pitchers (baseball and softball) and bowlers

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 5, 7	7 
Lower legs	12, 23, 29	23 
Hamstrings	50, 53, 63, 65, 72	50 
Adductors	87, 88, 93, 94, 95, 100, 105	93 
Quadriceps	121, 123, 125, 126	121 
Hips and gluteals	137, 138, 151, 155, 158	155 
Lower torso	195, 202, 208, 214, 215	195 
Upper back	227, 229, 230	227 
Neck	231, 242, 243	231 
Pectorals	250, 253-256	253 
Shoulders	259, 267, 269, 271, 272, 276, 278, 280, 284, 293	280 
Arms and wrists	295, 298-300, 304, 306-311	295 

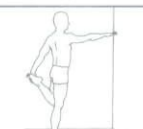
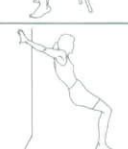
BASKETBALL



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1, 3, 4, 5, 7, 10	3 
Lower legs	16, 18, 21, 23, 26, 28, 29, 31, 42	21 
Hamstrings	50-53, 65	51 
Adductors	83, 87, 93, 104	87 
Quadriceps	119, 120, 121, 131	121 
Hips and gluteals	136-138, 150-152, 156, 157, 172	157 
Lower torso	181, 195, 198, 213, 214	181 
Upper back	227, 229	227 
Neck	231, 235, 241, 243, 246	231 
Pectorals	248, 250, 255	250 
Shoulders	258, 259, 269, 271, 285	269 
Arms and wrists	295, 298-300, 305, 306, 308-310	310 



BOWLING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 6, 10	3 
Lower legs	16, 18, 20, 29-31, 42	29 
Hamstrings	50, 53, 54, 65, 69	53 
Adductors	82-84, 91, 94, 95, 105, 117	82 
Quadriceps	119-121, 123, 134	121 
Hips and gluteals	136-138, 152, 154, 155, 157, 172	138 
Lower torso	181, 182, 194, 195, 207, 213	213 
Upper back	226, 227	227 
Neck	231, 239, 240, 242-244, 246	242 
Pectorals	249, 250	249 
Shoulders	258, 259, 269, 271, 280, 285	259 
Arms and wrists	295, 296, 298-300, 304, 306, 308-311	308 

CROSS-COUNTRY SKIING



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 7, 8, 10	8 
Lower legs	18, 19, 21, 23, 29, 41	19 
Hamstrings	50, 53, 65, 69, 70	53  
Adductors	88, 91, 94-96, 105, 108, 117	94 
Quadriceps	119-121, 132	121 
Hips and gluteals	152, 155, 166, 170, 172, 174	155 
Lower torso	183, 197, 213, 223-225	213 
Upper back	227, 229	227 
Neck	231, 232, 239, 240, 243, 244, 246	232 
Pectorals	250-253, 256	252 
Shoulders	259, 261, 268, 269, 276, 285, 293	269 
Arms and wrists	295, 297-300, 306, 308	298 



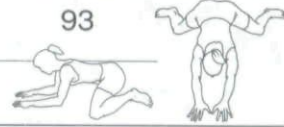
CYCLING AND TRIATHLON

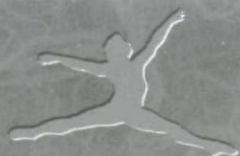
BODY PART	STRETCH NUMBER	BEST
Feet and ankles	4, 5, 7, 10	7 
Lower legs	16, 18, 23, 26, 28, 31, 42	31 
Hamstrings	50, 54, 65, 69-71	50 
Adductors	83, 86, 88, 91, 96, 105, 106, 117	88 
Quadriceps	119-122, 125, 131, 134	125 
Hips and gluteals	136-138, 143, 150, 152, 160-162, 174	161 
Lower torso	181, 182, 195, 197, 199, 202, 204	199 
Upper back	226, 227, 229	229 
Neck	231, 239, 240, 242, 243, 246	243 
Pectorals	248, 250, 254, 255	250 
Shoulders	258, 267, 269, 276, 278	269 
Arms and wrists	295, 298-300, 304, 305, 308-311	310 

DANCE

beginning

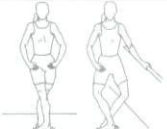


BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1-8, 10	6 
Lower legs	12, 16, 21, 23, 24, 31, 32, 34-38, 42	21 
Hamstrings	53, 55, 56, 59, 65, 66, 69	59 
Adductors	92, 93, 95, 97, 103, 105, 115	93 
Quadriceps	121, 125, 127, 134	125 
Hips and gluteals	138, 146, 157, 158, 160	160 
Lower torso	182, 194, 196, 202, 213	182 
Upper back	226, 227	227 
Neck	231, 237, 243, 246	243 
Pectorals	248, 250, 252	252 
Shoulders	257, 259, 269, 276, 277, 285	259 
Arms and wrists	295, 298-300, 305, 308-311	298 



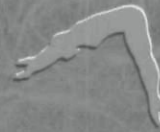
DANCE

advanced

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1-8	8 
Lower legs	17, 18, 21, 34-38, 43	38 
Hamstrings	59, 60, 65, 66, 77	60 
Adductors	92, 93, 97, 101-103, 115	103 
Quadriceps	125, 127, 130, 135	130 
Hips and gluteals	138, 142, 145, 146, 162, 163, 174	162 
Lower torso	182, 183, 187, 202, 215	187 
Upper back	227, 229, 230	227 
Neck	231, 236, 243, 246	236 
Pectorals	250, 252-255	250 
Shoulders	259, 264, 267, 269, 279, 284, 290	279 
Arms and wrists	295, 300, 304, 308-311	300 

DIVING

3- to 10-meter



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 7-9	9 
Lower legs	16, 19, 23, 29, 31, 39, 40, 43, 49	29 
Hamstrings	50, 53, 55, 69, 73-77	77 
Adductors	83, 88, 93, 105, 117, 118	88 
Quadriceps	121, 125, 132, 135	125 
Hips and gluteals	138, 147, 152-157, 161, 162	155 
Lower torso	181, 182, 196, 203, 204, 214, 223-225	223 
Upper back	227, 229	227 
Neck	231, 233, 242, 246, 247	242 
Pectorals	248, 250, 252, 255	250 
Shoulders	257, 267, 269, 271, 279, 285, 286, 290	269 
Arms and wrists	295, 298-301, 304, 308	299 



FIGURE SKATING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1-3, 7, 8, 10	7 
Lower legs	11, 20, 21, 24, 25, 31, 32, 39, 40	20 
Hamstrings	55, 56, 59, 60, 62, 65, 66, 77	59 
Adductors	88, 89, 93-95, 97, 101, 103, 105, 111, 117, 118	93  
Quadriceps	121, 126, 127, 128	126 
Hips and gluteals	137-139, 142, 145, 155, 161, 162, 174	162 
Lower torso	182-184, 188, 189, 197, 213, 223, 225	183  
Upper back	227, 229, 230	227 
Neck	231, 232, 237, 242, 243, 246	243 
Pectorals	250, 252, 255	250 
Shoulders	259, 269, 271, 278-280, 285, 290	269 
Arms and wrists	295, 296, 298-300, 304, 308, 309	299 

FOOTBALL

offensive line and defensive line



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 4, 7, 10	3 
Lower legs	16, 20, 23, 28, 31, 39-41	31 
Hamstrings	50, 52, 54, 63, 80, 81	50 
Adductors	82, 83, 88, 91, 117	91 
Quadriceps	119-121, 134	121 
Hips and gluteals	136, 137, 149, 152, 155, 157	155 
Lower torso	181, 195, 197, 210, 224, 225	197 
Upper back	227, 229	229 
Neck	231, 233, 243, 246	243 
Pectorals	248, 250, 252	252 
Shoulders	261, 269, 276, 285	269 
Arms and wrists	294, 296, 298, 304, 309, 310	298 



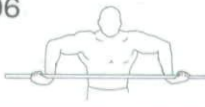
FOOTBALL

defensive backs and receivers

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	3, 4, 7	4 
Lower legs	12, 18, 21, 26, 32, 39, 46	21 
Hamstrings	50, 53, 55, 65, 81	53 
Adductors	88, 92, 93, 94, 117, 118	93 
Quadriceps	125, 127, 132, 135	135 
Hips and gluteals	138, 150, 152, 157, 161, 170	161 
Lower torso	181, 196, 197, 204, 213, 225	197 
Upper back	227, 229	227 
Neck	231, 233, 235, 243, 247	231 
Pectorals	250, 252, 255	252 
Shoulders	259, 268, 269, 271, 276, 285	269 
Arms and wrists	294, 299, 304, 308, 309	299 

GOLF



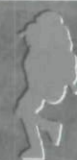
BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 5, 7, 8	2 
Lower legs	19, 23, 28, 31, 41	28 
Hamstrings	50, 53, 54, 65	50 
Adductors	82-84, 88, 92, 105	82 
Quadriceps	121, 122, 134	121 
Hips and gluteals	137, 138, 147, 148, 152, 155, 157	155 
Lower torso	180-183, 194, 197, 208, 213, 223, 224	213 
Upper back	226, 227, 229	229 
Neck	231, 232, 240, 243, 246	243 
Pectorals	248, 249, 251, 255	251 
Shoulders	259, 268, 269, 272, 276, 280, 285	280 
Arms and wrists	295, 299, 304, 306, 308, 309	306 

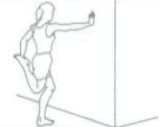
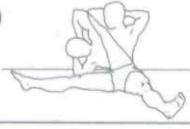


GYMNASTICS

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1, 3, 5, 8, 10	8 
Lower legs	16, 18, 21, 29, 32, 39	32 
Hamstrings	56, 59, 60, 66, 75-77	59 
Adductors	88, 93, 101, 103, 115	103 
Quadriceps	122, 125, 127, 134	125 
Hips and gluteals	138, 139, 141, 142, 160, 162	138 
Lower torso	187, 190, 191, 214, 216	187 
Upper back	226, 227	227 
Neck	231, 237, 243, 246	237 
Pectorals	250, 252, 253, 256	253 
Shoulders	262, 267, 269, 271, 284, 288, 290, 292	267 
Arms and wrists	295, 300, 306-309	309 

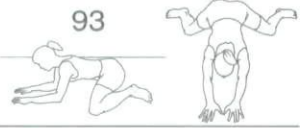
HIKING AND BACKPACKING



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 5, 7	3 
Lower legs	18-20, 29, 44, 47	18 
Hamstrings	50, 53, 54, 65, 69, 80	50 
Adductors	82, 83, 88, 94, 95, 104, 105, 117	88 
Quadriceps	119, 120, 122, 131, 133, 134	122 
Hips and gluteals	147, 155, 156, 165, 166, 169	155 
Lower torso	181, 194, 197, 210, 213, 224	210 
Upper back	226, 227, 229	227 
Neck	231, 232, 240, 243, 246	231 
Pectorals	248, 249, 250	250 
Shoulders	258, 268, 269, 276, 277, 285	269 
Arms and wrists	295, 297, 298, 304, 308	308 



ICE HOCKEY

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1, 5, 7, 10	10 
Lower legs	13, 20, 24, 31, 32, 41	31 
Hamstrings	50, 53, 55, 63, 69	50 
Adductors	87, 91, 93, 95, 117, 118	93 
Quadriceps	119, 124, 134, 135	134 
Hips and gluteals	137, 138, 150, 152, 155, 166	155 
Lower torso	181, 195, 197, 207, 213, 223-225	223 
Upper back	227, 229	229 
Neck	231, 232, 242, 246	242 
Pectorals	249, 250, 252, 255, 256	252 
Shoulders	258, 269, 271, 276, 280	269 
Arms and wrists	295, 298, 304, 306, 308, 310	298 

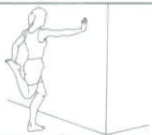
IN-LINE SKATING



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1, 7, 10	10 
Lower legs	13, 19, 21, 28, 30, 41, 42	19 
Hamstrings	50, 53, 55, 63, 65, 70	50 
Adductors	83, 85, 87, 94, 105, 107, 111, 117	94 
Quadriceps	119-121, 131, 132, 134	134 
Hips and gluteals	137, 138, 146, 147, 152, 155, 160, 161	161 
Lower torso	181, 182, 197, 210, 212, 223	182 
Upper back	227-229	229 
Neck	231, 232, 235, 242, 243, 246	243 
Pectorals	248-250, 252	250 
Shoulders	258, 268, 269, 271, 278, 280, 285	269 
Arms and wrists	295, 297-300, 304, 305, 308-311	298 



JOGGING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 6, 8, 10	3 
Lower legs	16, 18, 23, 24, 26, 31, 39, 48	23 
Hamstrings	50, 53-55, 65, 70	50 
Adductors	84, 87, 88, 93-96, 117	88 
Quadriceps	119-122, 131, 132, 134	122 
Hips and gluteals	138, 143, 146, 161, 165, 166, 168	161 
Lower torso	181, 182, 197, 204, 209, 213	197 
Upper back	227, 229	227 
Neck	231, 232, 243, 246	231 
Pectorals	248, 250-253	252 
Shoulders	258, 269, 279, 285	269 
Arms and wrists	295, 297, 298, 304, 308, 310	295 

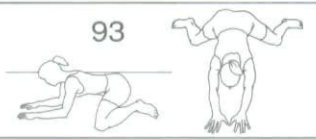
LACROSSE



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	3, 6-8, 10	3 
Lower legs	11, 19, 20, 23, 28, 31, 41	19 
Hamstrings	50, 53, 55, 63, 65, 70	50 
Adductors	82-84, 87, 88, 94, 104, 105, 111, 117	88 
Quadriceps	121-124, 127, 131, 134	121 
Hips and gluteals	137, 138, 146, 147, 155-157, 174	157 
Lower torso	181, 182, 197, 209, 210, 222, 223	223 
Upper back	226, 227, 229	229 
Neck	231, 232, 242, 243, 246	243 
Pectorals	250, 252, 255	252 
Shoulders	258, 269, 271, 272, 274, 275, 279, 280	269 
Arms and wrists	294, 295, 298, 302, 304, 306, 308	298 

MARTIAL ARTS

beginning

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	3-5, 7, 9, 10	7 
Lower legs	11, 13, 20, 21, 23, 41	21 
Hamstrings	50-53, 55, 58, 63, 65, 70	58 
Adductors	83, 87, 88, 93-95, 105, 114, 116	93 
Quadriceps	119, 120, 127, 131, 133-135	127 
Hips and gluteals	147, 152, 155-157, 161, 165, 177	161 
Lower torso	181, 182, 184, 185, 197, 199, 207, 210, 221	182 
Upper back	226-228	226 
Neck	231, 232, 235, 243, 246, 247	235 
Pectorals	248-250, 252, 254	252 
Shoulders	258, 269, 271, 276, 282, 285, 290	258 
Arms and wrists	294, 295, 298-300, 304, 305, 308, 311	299 

MARTIAL ARTS

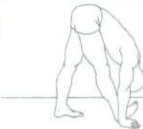
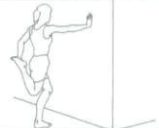
advanced



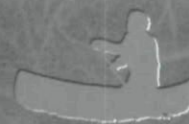
BODY PART	STRETCH NUMBER	BEST
Feet and ankles	3-5, 8-10	4 
Lower legs	21, 23, 24, 29, 43	21 
Hamstrings	50, 55, 56, 58-62, 66-68	60 
Adductors	88, 90-93, 95, 99, 103, 112-116	103 
Quadriceps	126, 127, 130, 131, 133-135	130 
Hips and gluteals	148, 158, 160, 162, 173-177	160 
Lower torso	182, 184-189, 203, 210, 215, 222	185 
Upper back	226, 227, 229	226 
Neck	235-238, 243, 246, 247	238 
Pectorals	250, 252, 255	250 
Shoulders	259, 264, 269, 282, 288-291	269 
Arms and wrists	294, 298-302, 308-311	300 



RACE WALKING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1-8	7 
Lower legs	11, 13, 15, 21-23, 28, 33, 43-45, 47	22 
Hamstrings	50, 53-55, 63, 69, 80	50 
Adductors	83-85, 87, 88, 96, 105, 111	87 
Quadriceps	119-121, 126, 127, 131, 134	122 
Hips and gluteals	137, 139, 143, 146, 152, 160-162, 170, 174	162 
Lower torso	181-183, 197, 204, 209, 210, 213, 218	182 
Upper back	226, 227, 229, 230	227 
Neck	231, 232, 234, 243, 246	232 
Pectorals	248-250, 252, 254, 255	250 
Shoulders	258, 269, 276, 278-280, 285	280 
Arms and wrists	295, 298-300, 304, 305, 308	299 

ROWING, KAYAKING, AND CANOEING



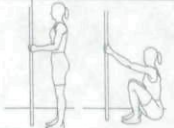
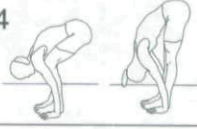
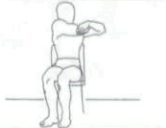
BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1, 4, 7, 8, 10	7 
Lower legs	13, 19, 21, 28, 29, 31, 32, 40, 47	32 
Hamstrings	50, 51, 53, 63, 65, 69, 80, 81	50 
Adductors	83, 85, 88, 91, 92, 96, 104, 105, 118	91 
Quadriceps	121, 125, 127, 133, 134	125 
Hips and gluteals	137, 143, 152, 154, 159, 161, 173, 174	159 
Lower torso	182, 195, 199, 204, 209, 210, 224, 225	182 
Upper back	227, 229	229 
Neck	231, 232, 239, 240, 243, 244, 246	231 
Pectorals	249, 251-253, 255, 256	252 
Shoulders	260, 261, 264, 266, 269, 280, 282, 290, 291, 293	280 
Arms and wrists	295-304, 306, 308, 310	299 



SAILING AND WINDSURFING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 4, 7, 10	4 
Lower legs	13, 20, 21, 23, 24, 28, 29, 41, 47	28 
Hamstrings	50, 53, 55, 63, 69, 70, 79, 80, 81	50 
Adductors	83, 85-87, 91, 96, 104, 105, 109, 117	87 
Quadriceps	119-121, 131, 134	121 
Hips and gluteals	137, 138, 143, 151, 154, 155, 166, 170	155 
Lower torso	181, 182, 195, 211-213, 224, 225	213 
Upper back	227-229	229 
Neck	231, 232, 234, 239, 240, 243, 244, 246	243 
Pectorals	248-250, 252, 255	249 
Shoulders	261, 264, 269, 276, 278, 280, 290	269 
Arms and wrists	295-304, 306, 308, 310	295 

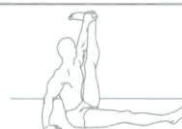
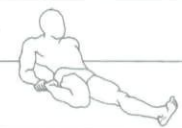
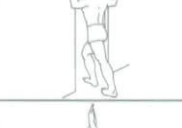


BODY PART	STRETCH NUMBER	BEST
Feet and ankles	7, 9, 10	9 
Lower legs	13, 17, 20, 21, 24, 27-31, 39, 42	30 
Hamstrings	50-53, 63, 65, 69, 70, 79-81	53  
Adductors	85-88, 91, 93, 94, 105, 117	94 
Quadriceps	119-124, 133-135	123 
Hips and gluteals	138, 147, 151, 152, 155, 161, 162, 166	162 
Lower torso	181, 182, 184, 195, 204, 208, 224, 225	204 
Upper back	226-229	229 
Neck	231, 232, 235, 237, 243, 246	235 
Pectorals	249, 250, 252, 255	250 
Shoulders	261, 268, 269, 278-280, 285, 290	269 
Arms and wrists	295, 297-302, 304, 306, 308, 309	299 



SOCCER

international football

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2-4, 6, 8	4 
Lower legs	11, 16, 19, 21, 23, 31, 41	21 
Hamstrings	50, 53-55, 63, 65, 70	55 
Adductors	83, 84, 87, 91, 93-95, 105, 111, 117, 118	94 
Quadriceps	119-121, 124, 127, 131, 134	124 
Hips and gluteals	136, 137, 143, 146, 148, 150, 161, 162, 177	161 
Lower torso	182, 199, 201, 209, 210	201 
Upper back	227, 229, 230	227 
Neck	231, 232, 243, 246	231 
Pectorals	249, 250, 252, 254, 255	252 
Shoulders	259, 272, 285, 290, 293	285 
Arms and wrists	295, 298-300, 304, 308, 309	300 

SQUASH



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1, 3, 4, 6-8, 10	3 
Lower legs	12, 16, 19, 21, 24, 47	24 
Hamstrings	50, 53, 55, 63, 65, 70	55 
Adductors	82-84, 88, 94, 95, 105, 109, 117	83 
Quadriceps	119-121, 124, 132, 134	121 
Hips and gluteals	137, 138, 146, 151, 155, 165, 166, 172	165 
Lower torso	181, 182, 196, 197, 204, 207, 209, 222, 223	197 
Upper back	226, 227, 229, 230	229 
Neck	231, 232, 242, 243, 246	243 
Pectorals	249, 250, 252, 255	252 
Shoulders	259, 264, 269, 272, 274, 278, 280, 285	280 
Arms and wrists	294, 295, 298-302, 304, 306, 308, 309	300 



SWIMMING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	4-10	9 
Lower legs	21, 23, 25, 28-31, 47	21 
Hamstrings	50, 51, 53, 56, 63, 65	51 
Adductors	84-88, 93, 104-107, 111, 114	88 
Quadriceps	121, 131, 133-135	134 
Hips and gluteals	137, 160-163, 174, 177	160 
Lower torso	178, 180-182, 188, 194, 215	181 
Upper back	226-230	226 
Neck	231, 232, 235, 237, 243, 246	237 
Pectorals	250, 255, 256	250 
Shoulders	259, 267, 269, 272, 280, 284, 286, 290	284 
Arms and wrists	295, 298-301, 304, 308	300 

TABLE TENNIS



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1-5, 7, 8, 10	3 
Lower legs	19, 21, 23, 28, 32, 42, 48	21 
Hamstrings	50, 53, 55, 56, 63, 65, 70	50 
Adductors	87, 88, 90, 91, 93-95, 105, 111, 117	95 
Quadriceps	121, 126, 127, 131, 134	126 
Hips and gluteals	137, 138, 148, 152, 155, 157, 162, 172	157 
Lower torso	181, 182, 194, 197, 204, 212, 215, 221	182 
Upper back	227, 229, 230	227 
Neck	231, 232, 242, 243, 246	242 
Pectorals	250-254	250 
Shoulders	258, 259, 267, 269, 272, 277, 279, 280, 285	267 
Arms and wrists	295, 298, 302, 304, 306, 308, 311	295 



TENNIS, RACQUETBALL, AND HANDBALL

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2-5, 7	4 
Lower legs	11, 12, 17, 21, 23, 24, 29, 42	23 
Hamstrings	50, 53-55, 63, 65, 70	53 
Adductors	83, 86, 87, 91, 94, 95, 111, 117	95 
Quadriceps	119-121, 127, 134	121 
Hips and gluteals	138, 148, 150, 152, 155, 166, 172	152 
Lower torso	181-183, 195, 197, 210, 215, 221, 222	182 
Upper back	227, 229, 230	227 
Neck	231, 232, 243, 246	243 
Pectorals	249, 250, 252, 255	249 
Shoulders	259, 267, 269, 271, 272, 278, 280, 286	280 
Arms and wrists	295, 298-302, 304, 306, 308-311	299 

TRACK AND FIELD

high jump and pole vault

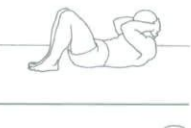


BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2-4, 6, 7, 10	4 
Lower legs	14, 18, 21-23, 26, 39, 40, 48	21 
Hamstrings	50, 53, 55, 56, 65, 66, 80, 81	53  
Adductors	88, 90, 93-95, 97, 98, 105, 114, 117, 118	93  
Quadriceps	124-126, 131, 134	126 
Hips and gluteals	137-139, 142, 143, 152, 161, 162, 174	138 
Lower torso	180-182, 188, 195, 201-203, 210, 215, 224	182 
Upper back	227, 229, 230	227 
Neck	231, 237, 239, 240, 243, 244, 246	237 
Pectorals	249, 250, 253-256	253 
Shoulders	259, 266, 269, 274, 275, 280, 285, 290-293	285 
Arms and wrists	295, 296, 298-304, 306, 308, 309	299 



TRACK AND FIELD

hurdles, long- and triple-jumps, and sprints

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	1-8, 10	4 
Lower legs	16-18, 20, 21, 31, 32, 42	21 
Hamstrings	50, 51, 53, 55, 56, 80, 81	51 
Adductors	83, 88, 93-95, 114, 117, 118	95 
Quadriceps	121, 125, 134	125 
Hips and gluteals	146, 155, 161, 162, 170	161 
Lower torso	182, 184, 197, 204, 213	182 
Upper back	227, 229, 230	227 
Neck	231, 232, 243, 246	231 
Pectorals	250, 252, 253	250 
Shoulders	259, 269, 279, 280, 285	269 
Arms and wrists	295, 299, 304, 308	299 

TRACK AND FIELD

discus, hammer throw, javelin, and shot put



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 7, 10	3 
Lower legs	13, 21, 23, 31, 43	21 
Hamstrings	50, 53, 55, 80, 81	50 
Adductors	87, 94, 95, 117, 118	94 
Quadriceps	126, 127, 134	126 
Hips and gluteals	137, 138, 146, 169, 170	170 
Lower torso	182, 184, 188, 215, 222, 223, 225	225 
Upper back	227, 229, 230	229 
Neck	232, 233, 239-241, 246	240 
Pectorals	250-253, 255	252 
Shoulders	259, 267, 269, 272, 275, 280, 293	272 
Arms and wrists	295, 299, 304, 306, 308	295 



VOLLEYBALL

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 6, 7	3 
Lower legs	13, 18, 21, 23, 28, 29, 39, 40, 43, 48	29 
Hamstrings	50, 53, 57, 65, 70, 80, 81	50 
Adductors	83, 88, 92, 93, 105, 117	88 
Quadriceps	121, 122, 124, 131	122 
Hips and gluteals	138, 151, 152, 155-157	156 
Lower torso	181, 195, 197, 211-213, 222	195 
Upper back	227, 229, 230	229 
Neck	231, 242, 243, 246	243 
Pectorals	248, 250, 253, 255	253 
Shoulders	258, 259, 269, 271, 274, 276, 280, 285, 293	271 
Arms and wrists	295, 298-300, 304, 308	300 

WATER SKIING



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	3, 6, 8	8 
Lower legs	22, 24, 31, 44	31 
Hamstrings	51, 55, 56, 69, 80, 81	51 
Adductors	86, 88, 94, 95, 102, 107, 117	94 
Quadriceps	123, 125-127, 134	126 
Hips and gluteals	147, 152, 155, 160-162, 166, 170	160 
Lower torso	194-196, 207, 212, 213, 223	196 
Upper back	226, 227, 229	227 
Neck	232, 235, 237, 242, 243, 246	243 
Pectorals	250, 252, 254	252 
Shoulders	261, 267, 269, 271, 279, 280, 284	280 
Arms and wrists	294, 295, 299, 300, 304, 306, 308	299 



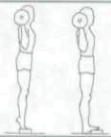
WEIGHT LIFTING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 3, 10	3 
Lower legs	13, 17, 23, 27-30, 42	29 
Hamstrings	50, 53, 63	53 
Adductors	83, 88, 91, 95	88 
Quadriceps	123, 125, 131, 134	125 
Hips and gluteals	138, 148, 152, 153, 155, 157, 172	155 
Lower torso	195, 197, 214, 215, 223	214 
Upper back	226, 227	227 
Neck	231, 232, 243, 246	243 
Pectorals	248, 250, 252	250 
Shoulders	261, 267-269, 271, 276, 280, 284	267 
Arms and wrists	294, 295, 298-300, 306, 308, 310	299 

WEIGHT LIFTING

very light weights



BODY PART	STRETCH NUMBER	BEST
Feet and ankles	3	3 
Lower legs	39, 40	39 
Hamstrings	80, 81	81 
Adductors	117, 118	117 
Quadriceps	131	131 
Hips and gluteals	142, 143	142 
Lower torso	223-225	224 
Upper back	230	230 
Neck	239, 240, 244	240 
Pectorals	256	256 
Shoulders	266, 275, 293	266  
Arms and wrists	296, 303	303 



WRESTLING

BODY PART	STRETCH NUMBER	BEST
Feet and ankles	2, 4, 6, 8	4 
Lower legs	13, 21, 23, 26, 43, 44	21 
Hamstrings	50, 55, 63, 65, 81	50 
Adductors	88, 90, 107, 113, 117, 118	88 
Quadriceps	119, 134, 135	135 
Hips and gluteals	136-138, 148, 152, 155, 172	155 
Lower torso	185, 188, 196, 202, 210, 213, 222, 224, 225	202 
Upper back	226, 227	226 
Neck	233, 236-238, 243, 246, 247	237 
Pectorals	248, 250, 256	250 
Shoulders	258, 261, 269, 271, 282, 293	258 
Arms and wrists	294, 295, 298-300, 304, 305, 308-311	300 

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