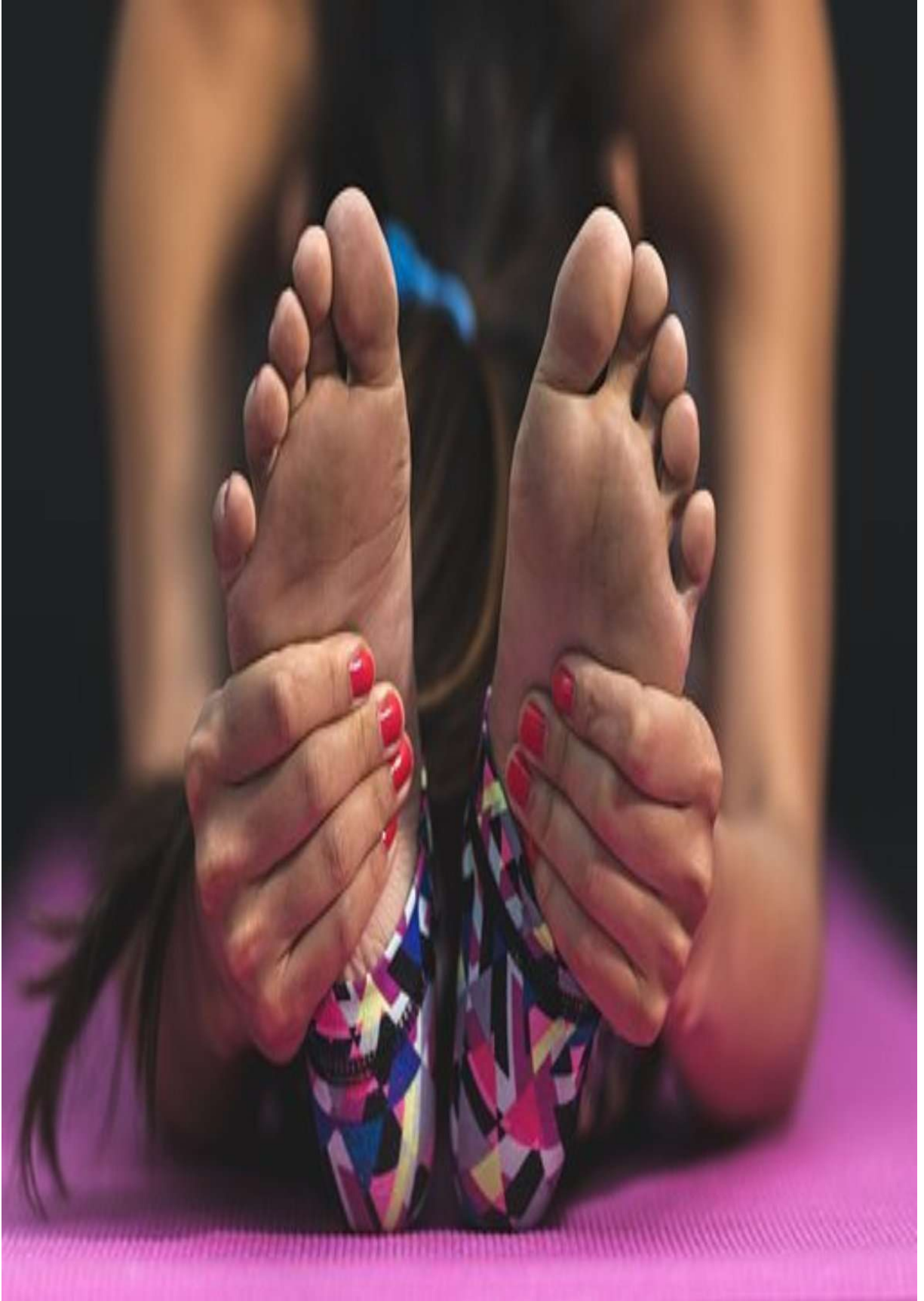




30 BEST STRETCHING EXERCISES

ALICE PAUL

**Best Exercises to Build Flexibility, Balance,
Injury Rehabilitation and Retrieve Pains.**



30 BEST STRETCHING EXERCISES

Best Exercises to Build Flexibility, Balance, Injury Rehabilitation and
Relieve Pains.

ALICE PAUL



Copyright 2021 Morgan.

This book is subject to copyright policy. All rights are reserved, whether the entire or component of the material, particularly the right of transformation, reprinting, recycling illustration, broadcasting, duplicating on microfilm, or in any other way. No part or even the whole of this book or contents may be produced or even transmitted or reproduced in any way, be it electronic or paper form or by any means, electronic or mechanical, also include recording or by any information storage or retrieval system, without prior written permission the copyright owner, *Morgan LTD*

TABLE OF CONTENTS

INTRODUCTION

PART 1: UNDERSTANDING STRETCHING AS EXERCISES

WHAT IS STRETCHING?

TYPES OF STRETCHING

DYNAMIC STRETCHING:

STATIC STRETCHING:

ADVANTAGES OF PERFORMING A STRETCH EXERCISES

PART 2: STARTING PROCESS, RISK AND SAFETY TIPS

GETTING STARTED:

RISK AND SAFETY TIPS:

ACUTE INJURY:

CONSULTATIONS:

PHYSICAL LIMITATIONS:

PART 3: BEST STRETCHING EXERCISES

STANDING CALF STRETCH

SCISSOR HAMSTRING STRETCHING

CAT COW STRETCHING

SINGLE HAMSTRING STRETCH

DOWNWARD FACING DOG

SEATED GROIN STRETCH

SEATED STADDLE

PIGEON STRETCH

UPPER TRAPEZIUS STRETCH

THREAD THE NEEDLE

LUNGING HIP FLEXOR STRETCH

OVERHEAD TRICEPS STRETCH

THORACIC SPINE ROTATION

[CHEST CORNER STRETCH](#)

[PRETZEL STRETCH](#)

[KNEE-TO-CHEST STRETCH](#)

[COBRA POSE](#)

[CROSS-BODY SHOULDER STRETCH](#)

[HALF SPLITS](#)

[CHILD'S POSE](#)

[COW FACE STRETCH](#)

[STAND SQUAD STRETCH](#)

[SINGLE-ARM TRICEPS STRETCH](#)

[LYING HAMSTRING STRETCH](#)

[STANDING OBLIQUE STRETCH](#)

[LYING KNEE TWIST](#)

INTRODUCTION

Stretching on a routine basis has several health benefits. Many people understand the need for stretching before engaging in physical exercise but stretching each day irrespective of physical activity can improve your body flexibility.

If done properly, stretching can improve your range of motion as well as protect you from injuries. Our joints lose range of motion as we become older. Even though a certain joints have a restricted range of motion, stretching can assist to enhance it.

In this book, we will discuss the various stretching exercises that will improve your full-body structure also strengthen your body flexibility; reduce muscles stiffness, range of motion, strength, posture, and balance.

We have compiled a list of stretching exercises that will help you to get fitted. Research shows that stretching for at least 30-50 minutes mostly per day, 5 days per week can improve your entire body structure.

When stretching is not done properly, it might be dangerous and it can lead to injury. There are several stretching methods available, but based on which muscle part is being stretched, there are some that are ineffective or even harmful, which can lead to imbalance, instability, or chronic injury to the tendons including ligaments, as well as muscle fiber.

PART 1: UNDERSTANDING STRETCHING AS EXERCISES

Stretching is part of our daily activities. Humans and many other creatures perform stretching as a natural as well as instinctive action. Sometimes stretching comes along with yawning when we wake up from deep sleep. Stretching is a natural reaction to waking up from a deep sleep, lengthy periods of inactivity, or exiting tight situations and locations.



WHAT IS STRETCHING?

Stretching can be seen as a type of physical exercise in which a particular muscle as well as tendon is flexed or stretched to improve range of motion, flexibility as well as to attain a comfortable muscular tone. Stretching can also be performed therapeutically to relieve cramps and enhance everyday function by extending the range of motion.



TYPES OF STRETCHING

The followings are major types of stretching.

- Dynamic stretching
- Static stretching
- Ballistic stretching
- PNF
- Passive
- Active stretching



DYNAMIC STRETCHING:

This is a kind of stretching that aims to improve the circulation of blood at the same time relaxing muscle fibers. They slowly regulate active contractions of muscles.

STATIC STRETCHING:

According to studies, the most basic static stretching are static-passive stretches. This method of stretching uses external pressures to bring the joint to its maximum range of motion as well as retaining it. Static stretching can also include more refined techniques like proprioceptive neuromuscular facilitation (PNF), which combines active muscle contractions with passive external pressures. Stretching with PNF may entail engaging antagonist, agonist, or both muscles (CRAC).



ADVANTAGES OF PERFORMING A STRETCH EXERCISES

The followings are benefits of stretching exercise:

IMPROVE FLEXIBILITY AND STABILITY:

Stretching on a routine basis can enhance your flexibility which is essential for your general health. Improved flexibility can assist you to prevent falling.



RANGE OF MOTION:

You have more movement when you can move a joint across its complete range of motion. Frequent stretching might help you expand your joint movement.



A lot of researches have shown that static and dynamic stretching are very helpful when it comes to the movement of joints.

DAILY ACTIVITIES:

Dynamic stretching before physical activities has been demonstrated to assist muscles when preparing for the exercises. It may also aid in the improvement of your sports or workout performance.

BLOOD CIRCULATIONS:

Stretching on a routine basis may contribute to enhance circulation. Increased circulation blood flow which can lessen muscular pain and speed up recovery time.



PREVENT FALL, POSTURE AND BALANCE:

Muscle imbalances are frequent, and they can result in bad posture. A combining both stretching with other forms of exercises can help to ease musculoskeletal discomfort. This may also aid in the improvement of your posture, balance and prevent falls.



PREVENT BACK PAIN:

Stretching on a routine basis can also prevent you from getting future back pain by improving your back muscles as well as lowering your risk of muscular strain.



CALM MIND:

Stretching on a routine basis will not only make you more flexible but also assist you to feel better. Focus on mindfulness and also meditation techniques while stretching to provide your mind a mental relaxation.

PART 2: STARTING PROCESS, RISK AND SAFETY TIPS

GETTING STARTED:

Take it slowly, if you are new to stretching practice. Your body like any other type of physical exercise requires time to adjust to the stretching



exercise you are doing.

You may stretch at any time of day but best before starting your daily activities or before exercise. Aim at 10mins-15mins of stretching but after your workout, stretch for additional 7-15 minutes can lessen body pain.



Even if you aren't exercising, plan at least 7mins to 15mins of stretching time in your routine. This can aid in the improvement of muscles and the reduction of muscular stiffness and discomfort.

RISK AND SAFETY TIPS:

Sometimes stretching involves a lot of risks. Therefore, some safety is required.



ACUTE INJURY:

If you already have an acute or ongoing treatment of injury, only practice the stretching exercise that your doctor recommends.

CONSULTATIONS:

For people with persistent or chronic injury, consult a sports expert or physical therapist to develop a stretching program that is right for you.



PHYSICAL LIMITATIONS:

If you have any physical restrictions that prohibit you from doing a stretching exercise effectively, talk to your doctor about other activities that might help you improve your flexibility.

PART 3: BEST STRETCHING EXERCISES

The followings are some of the best stretching exercises you can do to get fitted mostly to strengthen your muscles, flexibility, joint movement, range of motion, strength, posture, and balance.



STANDING CALF STRETCH

BENEFITS:

This stretching exercise helps to activate the calf muscles and also improving your movement, flexibility and relieves muscle soreness.

PROCEDURE:

- Start by stretching your hand and placing your both palms flat on the wall.
- Ensure that your feet are on the floor.
- Move your right leg a step forward while the knee is bent and the other leg remains at the back straight.
- Push your upper body forward by using your hand as support.
- Return to the initial posture.
- Rep 6-10, 3-4 sets.



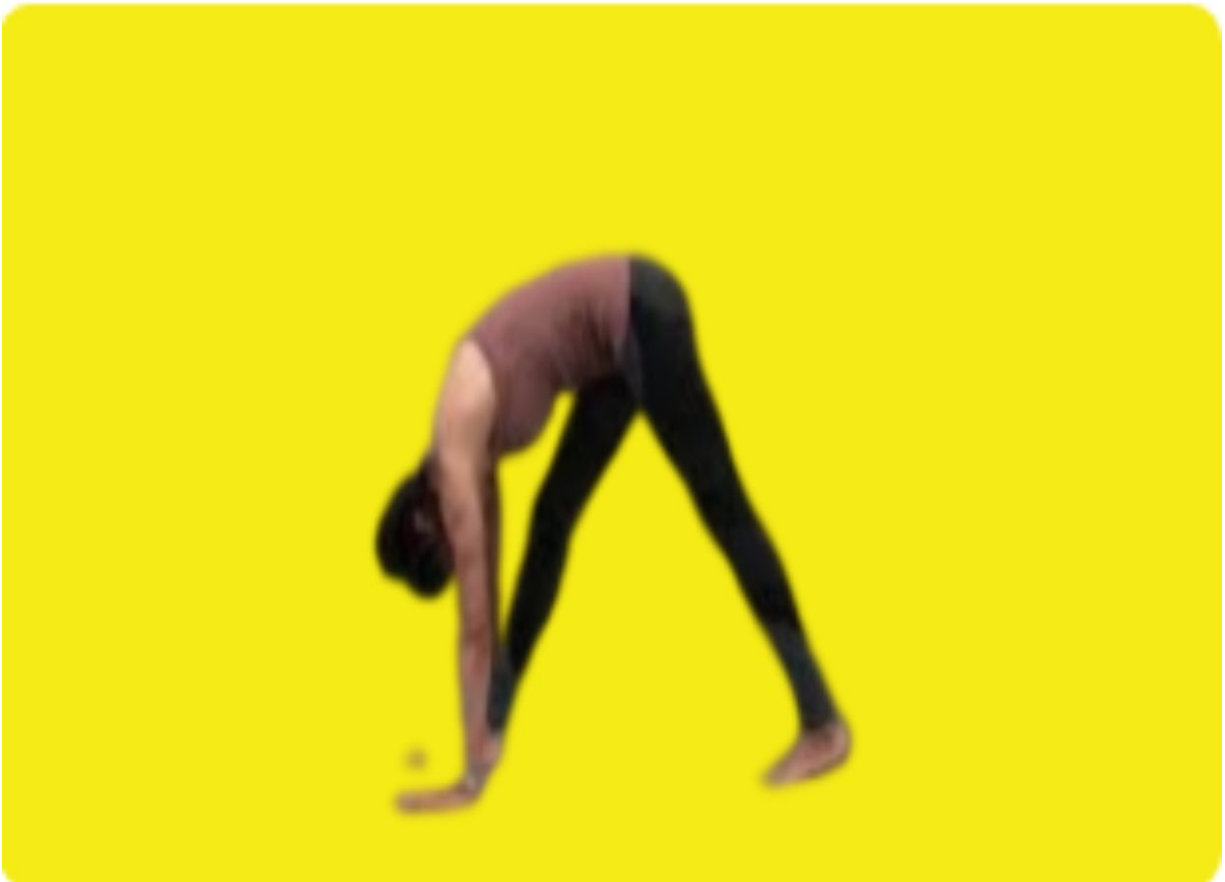
SCISSOR HAMSTRING STRETCHING

BENEFITS:

It strengthens the spine and your back, Improve mobility and flexibility of your upper body.

PROCEDURE:

- Firstly, stand with your both feet on the floor as well as your right leg forward. Make sure that both legs are straight.
- Bend or move your body from your hip downward and your hands stretched towards the floor.
- Hold on to the position for at least 40-60 seconds.
- Do the same with your left leg.



CAT COW STRETCHING

BENEFITS:

This stretching exercise strengthens the spine and your back. It can also improve your balance, posture and movement.

PROCEDURE:

- Start by lying with your both palms and your knees.
- Ensure that your back level should be straight to the same level as your hips.
- Your toes should be on the floor.
- Begin by raising your spine upward and return it downward.
- Repeat the same back movement 6-10 times and 4-6 sets.



SINGLE HAMSTRING STRETCH

BENEFITS:

It improves posture, prevents upper body pain and increases flexibility.

PROCEDURE:

- Firstly sit down on the mat. Stretch your right leg straight while your left leg is bent from your knee.
- Place your hands forward after your knee while you slowly move your upper body down from your hip.
- Repeat the same with the other leg.



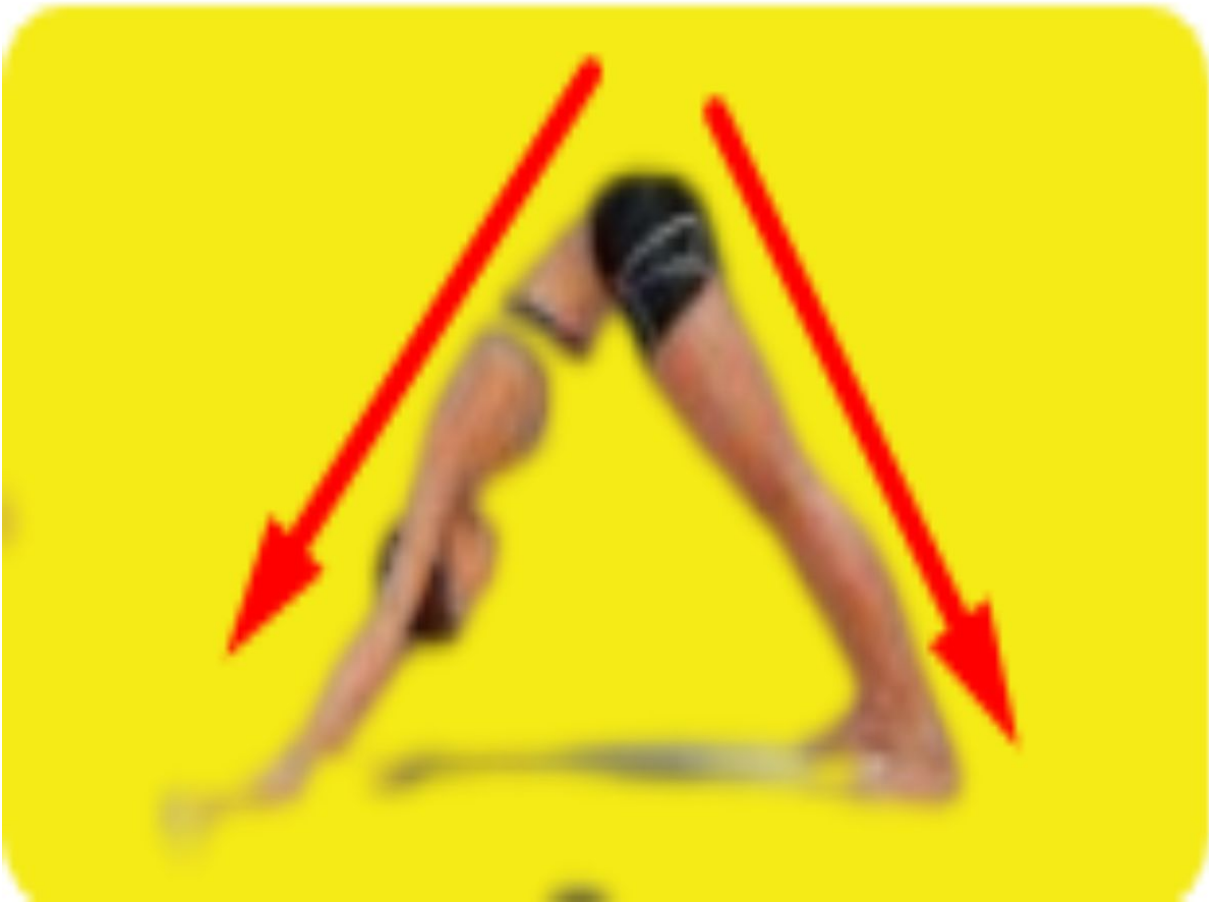
DOWNWARD FACING DOG

BENEFITS:

This stretching exercise enhances mobility, flexibility, and range of motion.

PROCEDURE:

- Firstly, your palms and feet should be placed closely on the floor.
- Raise your hip up above the body while your legs and knees fall straight.
- Your back, shoulder and upper body bent towards the floor.
- Gradually move your hips down towards the floor and return to the above posture.



SEATED GROIN STRETCH

BENEFITS:

It strengthens the knee joints as well as improves range of motion.

PROCEDURES:

- Start by sitting on the floor.
- Both legs are completely bent and the feet touch each other.

- Ensure that your palms are on your feet while you slowly move your upper body forward.
- Repeat 6-7 times. 4 sets.



SEATED STADDLE

BENEFITS:

Best for legs. It helps to strengthen the leg muscles and also increase your level of flexibility.

PROCEDURE:

Start by sitting appropriately on the mat as well as form a V shape with your legs. Bend forward carefully as you inhale. Maintain a straight back. Stretch forward with your hands, dropping your chest as low as possible to the floor. Maintain a vertical position such that your toes and knees should point to the ceiling.



PIGEON STRETCH

BENEFITS:

It helps to strengthen your hips as well as your lower back. When done correctly, it can help to enhance hip flexor as well as lower back muscular flexibility.

PROCEDURE:

- Start by lying in a downward-facing dog position.
- Ensure that you lower your hips to the floor appropriately, placing your right leg on top.
- Maintain a square hip position by putting your hands flat down to balance your weight.
- Hold on to the position for some time and change the other leg.



UPPER TRAPEZIUS STRETCH

BENEFITS:

Helps to strengthen the neck joints and muscles which can easily lead to more flexibility and rotation of the neck.

PROCEDURE:

- Start by placing your right palm on your head.
- Your elbow bent. Use your right hand to stretch your neck by pulling your head sideward down.
- Do the same process with the left hand.



THREAD THE NEEDLE

BENEFITS:

Help to strengthen the shoulder muscles and joints also improves the movement of the shoulder.

PROCEDURE:

- Begin by kneeling with your both knees and your hands on the floor.
- Move your hand under your shoulders and also knees under your hips.
- While the other hand raise it upward towards.
- Gradually place your right hand under your chest to reach to your left.
- Continue the process by gliding your right arm onto the mat and rest your upper body on your right shoulder.
- Hold the position for some seconds.
- Repeat the process with your left hand.



LUNGING HIP FLEXOR STRETCH

BENEFITS:

It strengthens the hip and improves stability and range of motion.

PROCEDURE:

- Start by kneeling appropriately on the mat with your both knees.
- Extend your right leg forward by placing your foot on the floor. Place your hands on the extended knee to keep stability or support.

- Next is to lean into your right knee to stretch your left hip toward the floor.
- Hold on to the position for some time and also repeat the same with the other leg.



OVERHEAD TRICEPS STRETCH

BENEFITS:

It relieves tight muscles in the shoulder region. Improve flexibility and range of motion.

PROCEDURE:

- Firstly stand upright with your feet on the floor.
- Move your right hand behind your back and your elbow bent.
- Extend your elbow, as well as place your right hand against your lower back.
- Place your left palm on the elbow of the other hand as you stretch it downward.
- Repeat the same thing with the other hand.



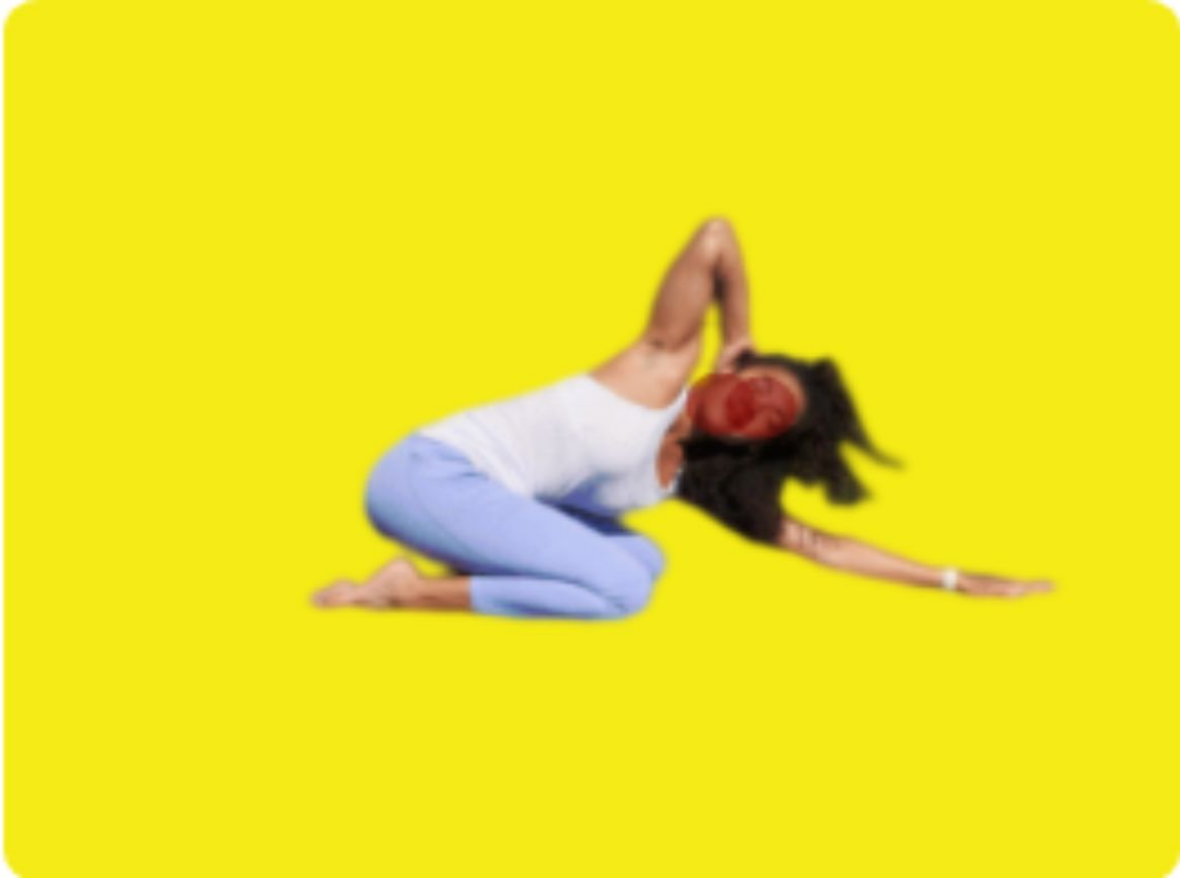
THORACIC SPINE ROTATION

BENEFITS:

It improves the spinal curvature, reduces lower back pain as well as shoulder pain.

PROCEDURE:

- Start by kneeling with your knee on the floor.
- Bring your hip down to a point it touches your heel.
- Lower your back down and your tummy also chest face the floor.
- Next, raise your left hand behind your head and your elbow out while the other hand is on the floor to maintain stability.
- Slowly rotate your left elbow upward direction by twisting your torso.
- Gradually return to the initial point and repeat the same on the other side.



CHEST CORNER STRETCH

BENEFITS:

Help to strengthen your shoulder joints and also reduces stiffness around your shoulder region.

PROCEDURE:

- Look for a corner in your house.
- Start by standing upright and your feet on the floor.
- Place your hand on the wall and your elbow bent.
- Then after lean forward toward the corner. You will feel a stretch from your shoulder and chest.
- Repeat the same thing with the other hand.
- Hold for 30 to 60 seconds.

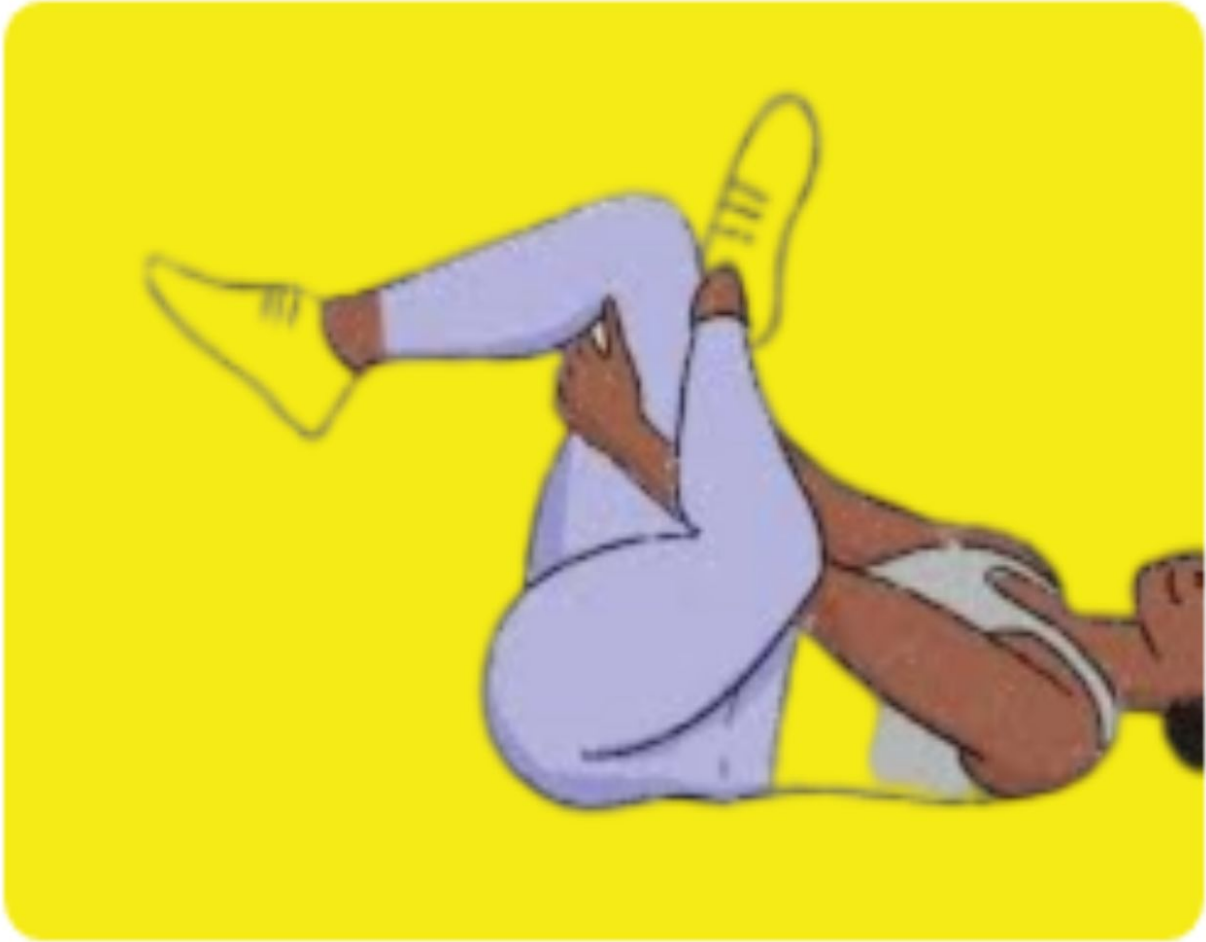
PRETZEL STRETCH

BENEFITS:

Help to strengthen the legs, improve balance and posture.

PROCEDURE:

- Start by lying flat on the floor with your back and your face facing upward.
- Raise one of your leg across the other leg and place it on the other leg knee.
- Place your both hand on the thigh of the uncrossed leg to support you to raise your leg from the floor forward.
- Repeat the same thing with the other leg.



KNEE-TO-CHEST STRETCH

BENEFITS:

It increases flexibility, mobility and stability. It also improves posture and balance.

PROCEDURE:

- Start by lying flat with your back and your face facing up.

- Raise your right leg knee towards your upper body as you use your hands to stretch it forward.
- You will feel a stretch on your right leg.
- Hold for 30-50 seconds.
- Repeat the same process with the other leg.



COBRA POSE

BENEFITS:

It strengthen the spine and also reduces back pain.

PROCEDURE:

- Start by lying flat on the floor with your hip, stomach and your face facing the floor.
- Next, place your hands on the floor and push your upper body upward.
- Hold on to the posture for some seconds.
- Gradually return to the initial point and repeat for 5 times.



CROSS BODY SHOULDER STRETCH

BENEFITS:

It helps to strengthen your arm as well as your shoulder.

PROCEDURE:

- Start by standing upright.
- Extend your right arm across the front of your chest and bend the other left hand across your right arm.

- Slowly pull on till you feel a stretch around your shoulder.
- Repeat the same with the other hand.



HALF SPLITS

BENEFITS:

Helps to strengthen the thighs, groins as well as hamstrings.

PROCEDURE:

Begin by bending your knee (right) and straightening your left leg in a low lunge stance. Lay your palms on the outside of your front foot on either side.

Lower your left knee to the floor slowly. To ensure that the right leg knee bent and foot on the floor, shift your weight back into your hips.



CHILD'S POSE

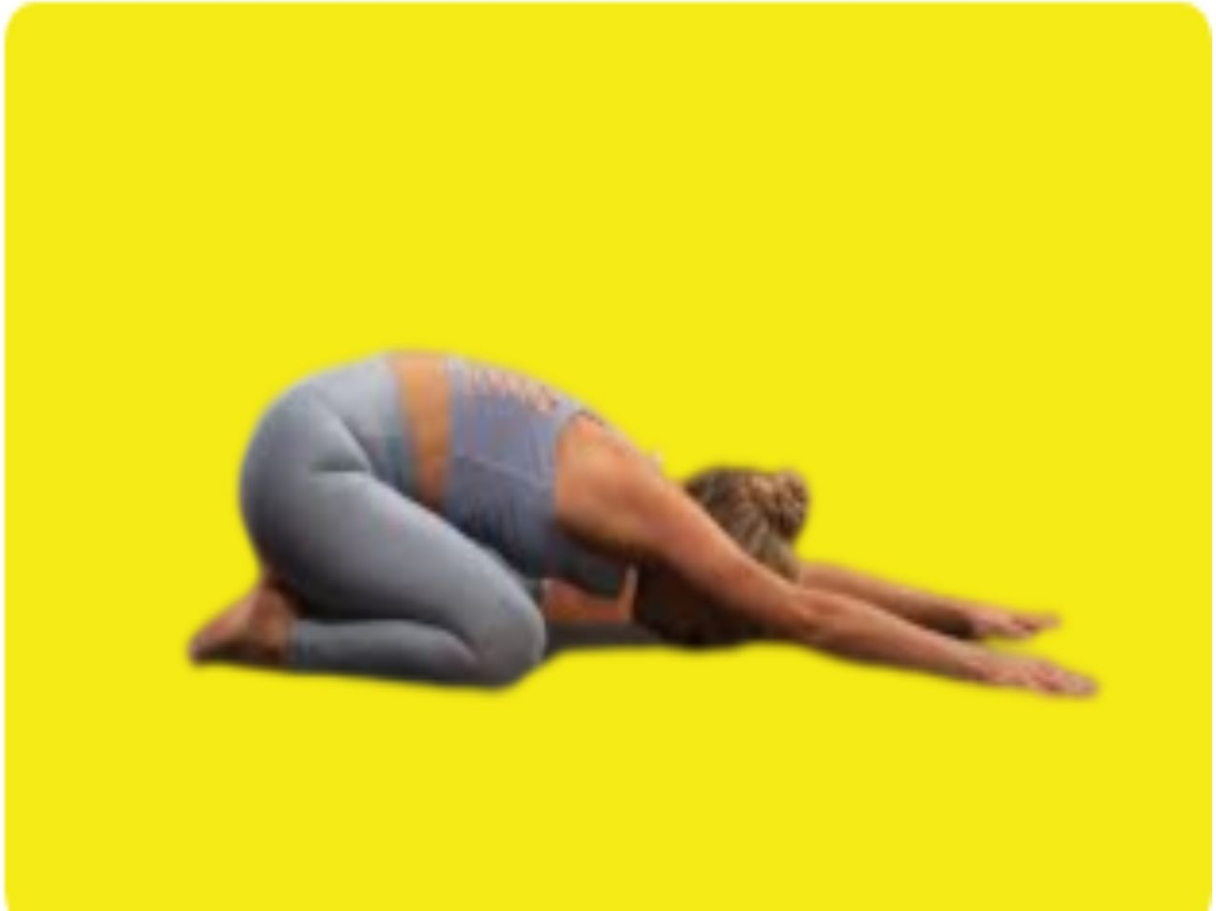
BENEFITS:

It helps to strengthen your spine and thighs. Strengthen your back and helps in blood circulation.

PROCEDURES:

Start by kneeling as well as sit back appropriately on your heels.

As you extend your arms forward, lower your head as well as chest. Hold the posture for approximately 40 seconds, relaxing your shoulders and breathe deeply.



COW FACE STRETCH

BENEFITS:

It helps to strengthen the shoulder and the elbow muscles. It also improves the rotation and movement of your hands.

PROCEDURES

- Start by standing.
- Raise your right elbow at the same level as your head and let it fall behind you.
- Bend your left hand behind your back. Attempt to grab the other hand; you will feel a stretch at your shoulder.
- Repeat the same process with the other hand.



STAND SQUAD STRETCH

BENEFITS:

It improves balance and posture. It also helps to strengthen the knee joint.

PROCEDURE:

- Start by standing upright.

- Raise your leg from the knee in a back direction.
- Immediately extend your hand to hold your leg from the toe.
- Stretch it and return to the initial posture.
- Repeat the same process.



SINGLE-ARM TRICEPS STRETCH

BENEFITS:

It helps to strengthen the shoulder and also help to improve the elbow muscles.

PROCEDURE:

- Start by raising one of your elbows above your head.
- Place the second hand on the elbow and gradually pull, and make a deep tricep stretch.
- At least hold for 40-60 seconds on each arm.



LYING HAMSTRING STRETCH

BENEFITS:

It helps to strengthen the legs, knees, and thighs. It also improves your movement and balance.

PROCEDURE:

- Lie flat with your back.
- Your legs remain straight on the floor.
- Raise your right leg upward make sure you place your hand appropriately at the thigh for stability or support.
- Hold for at least 40-50 seconds then return your leg.
- Repeat the process lift leg.



STANDING OBLIQUE STRETCH

BENEFITS:

It helps to improve balance and posture. It can also help to strengthen your spine and back.

PROCEDURE:

- Start by standing straight or upright.
- Lift your both hands upward and straight above your head.
- Move your upper body from your hip to the right side.
- After some seconds also move it to the left side.



LYING KNEE TWIST

BENEFITS:

It helps to strengthen the spine as well as the waist joint.

PROCEDURE:

- Start by lying flat with your back.
- Your feet should be above the surface of the floor as well as your knees bent out towards your upper body.
- Next is for you to move appropriately your leg(right) towards your left leg by bending both knees.
- Twist both legs to the right and hold for some seconds.

- Do the same thing with the left side without moving your upper body.
- Your back should not touch the floor.
- You should feel some pressure at your lower back region as well as glute muscles.
- Switch sides after holding for some seconds.





Best Exercises to Build Flexibility, Balance, Injury Rehabilitation and Retrieve Pains.