

### Stretching Rules & Guidelines

Remember to stretch properly and consistently to avoid injury. The following guidelines are designed to help you stretch safely and effectively.

1. Warm up first.
2. Stretch slowly.
3. Breathe.
4. Hold for 15-30 seconds.
5. Repeat 2-3 times.
6. Don't bounce.
7. Don't stretch to the point of pain.
8. Stretch after exercise.
9. Stretch before exercise.
10. Stretch regularly.

By following these guidelines, you can stretch safely and effectively, reducing the risk of injury and improving your flexibility.

### Stretching Why you need to!

Stretching is a simple yet effective activity that helps to improve flexibility, reduce the risk of injury, and enhance performance. It is a key component of any fitness routine.

**Benefits of Stretching:**

- Improves flexibility and range of motion.
- Reduces the risk of injury.
- Enhances performance.
- Promotes relaxation.
- Improves circulation.
- Reduces muscle tension.
- Helps to prevent injury.
- Improves posture.
- Enhances balance.
- Promotes overall health and well-being.

Remember, stretching should be done regularly and correctly to achieve the best results.

# The Stretching Poster



**Shoulder Stretch:** Pull one arm across your chest and hold for 15-30 seconds.



**Hamstring Stretch:** Sit on a chair, lean forward, and hold for 15-30 seconds.



**Shoulder Stretch:** Pull one arm behind your back and hold for 15-30 seconds.



**Shoulder Stretch:** Pull one arm across your chest and hold for 15-30 seconds.



**Back and Hamstring Stretch:** Lean forward with arms extended and hold for 15-30 seconds.



**Shoulder Stretch:** Pull one arm across your chest and hold for 15-30 seconds.



**Shoulder Stretch:** Pull one arm behind your back and hold for 15-30 seconds.



**Shoulder Stretch:** Pull one arm behind your back and hold for 15-30 seconds.



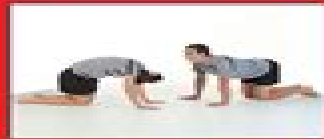
**Shoulder Stretch:** Pull one arm across your chest and hold for 15-30 seconds.



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**Hamstring Stretch:** Lean forward and hold for 15-30 seconds.



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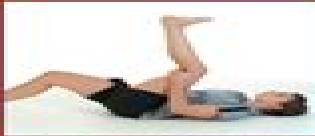
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All illustrations shown on this poster have been taken from The Stretching Handbook. For more information go to [www.TheStretchingInstitute.com](http://www.TheStretchingInstitute.com) or call 1-800-888-8888.

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# Body Art Forms Stretching Guide

**M Lipman**



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