

RAPFITNESS

REACH ABSOLUTE POTENTIAL

COOL DOWN: STATIC STRETCHING

Hold each stretch for 20-30 seconds.

1 PIRIFORMIS



Place one ankle on top of the ball.

Cross the other leg over (ankle above knee of straight leg) and bring knee (of straight leg) to chest.

Hug the back of the knee of the crossed leg.

Keep butt and lower back ON the ground to optimize the stretch.

2 QUADRICEPS



Get in shown position

Grab your ankle with the hand of the opposite side.

On the leg you are stretching, keep your hip ON the ground, and knee OFF the ground to optimize the stretch.

3 HAMSTRINGS



Get in shown position

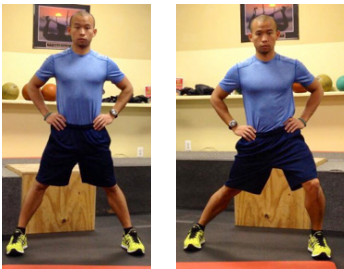
Slowly straighten leg and slowly bend ankle until stretch is felt.

4 HIP FLEXORS (YOU CAN ALSO DO THIS STANDING)



- Get in first position (left image).
Squeeze the glute of the back leg (keep this contraction going)
Drive hips forward (you may feel a stretch by now).
If more stretch is needed, get in 2nd position (right image):
- o Raise the hand on the side of the back leg
 - o Turn to the side of the back leg
 - o Lean to the side of the front leg

5 ADDUCTORS/INNER THIGH

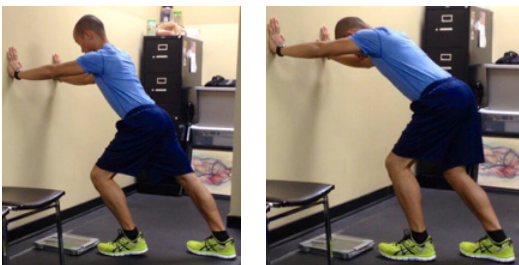


Get in shown position.

Bring one foot forward slightly, keeping both feet pointing straight ahead.

Lean slowly towards the foot that is slightly forward until you feel a stretch on inner thigh of the opposite (back) leg.

6 CALVES (GASTROCS) AND SOLEUS



Stretch calves on both sides (back knee straight).

Stretch soleus on both sides (back knee bent).

*** Make sure back heel is always pressed firmly onto the ground for optimal stretch!

7 NECK- SCALENES & UPPER TRAPEZIUS



Get in and out of these positions very slowly! *

Scalenes (left image) - perform on both sides.

Upper trapezius (right image) - perform on both sides.

Maintain good posture to enhance these stretches!

8 CHEST 1- PECTORALIS MINOR



Shoulder and elbow bent 90°.

Rest shoulder on ball.

Bring opposite hand further out to the side on the floor and lean weight to that side.

9 CHEST 2- PECTORALIS MAJOR (ON FOAM ROLLER OR WALL)



If not enough stretch is felt in 1st position (left image), lean your weight to one side and/or bend elbows 90° to enhance stretch. Breathe, relax, take a nap...

! OPTIONAL

Forearm and elbow on wall.

Elbow a couple to a few inches above the shoulder.

Outside foot (farthest from the wall) steps forward.

Make chest face away from the wall.

