


STRETCHING & FLEXIBILITY

WARMING UP

C06-Hamstring Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Frequency	35	35
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

D04-Back relaxor 2



	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Frequency	35	35
Amplitude	L	H
Repetitions	1	1
Execution	passive	passive


PROCEDURE
Place mat on the plate, feet on the floor, knees bent; slowly exhale and bend forward, allowing your back to round

COACHING KEYS
Use range of motion that is comfortable

"YOU SHOULD FEEL..."
Back and Hips

WORK OUT

B01-Hamstring Stretch 1




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Frequency	30	30
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Keeping your legs straight but not locked, anteriorly tilt your pelvis and push your hips back gently

COACHING KEYS
Maintain neutral spinal alignment;

"YOU SHOULD FEEL..."
Glutes, Hamstrings, and Calves

B02-Quadriceps Stretch 2




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Frequency	30	35
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

B03-Calf Stretch 3




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Frequency	30	35
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Lunge forward slightly, keep the back leg straight while pushing the heel into the plate

COACHING KEYS
Keep back heel on plate

"YOU SHOULD FEEL..."
Calves

B04-Adductor Stretch 4




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Frequency	30	35
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Keeping leg on the plate straight, lean into opposite leg and sit back

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Adductors (inner thigh)

B05-Shoulder Stretch 5




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Frequency	30	35
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Face away from plate; hold on to one strap with arm at the side; outwardly rotate shoulder and let arm extend back; lean forward slightly

COACHING KEYS
Stand near plate and maintain balance at all times

"YOU SHOULD FEEL..."
Front of Shoulder

B06 -Pectoral Stretch 6




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Frequency	30	35
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive


PROCEDURE
Place arm on plate with elbow bent at 90 degrees; slowly lower your body to the floor until tension felt in chest muscles

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest and Front of Shoulders

COOLING DOWN

C03-Quadriceps Massage				1
	Time	PHASE 1 60	PHASE 2 60	
	Rest	0	0	
	Frequency	35	35	
	Amplitude	H	H	
	Repetitions	1	1	
	Execution	passive	passive	
	<p>PROCEDURE Start in prone position with front of thigh on the plate</p>	<p>COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate</p>	<p>"YOU SHOULD FEEL..." Quadriceps</p>	

C06-Hamstring Massage				2
	Time	PHASE 1 60	PHASE 2 60	
	Rest	0	0	
	Frequency	35	35	
	Amplitude	H	H	
	Repetitions	1	1	
	Execution	passive	passive	
	<p>PROCEDURE Place hamstrings and calves on the plate and upper body on step</p>	<p>COACHING KEYS Rotate hips to emphasize inner or outer leg</p>	<p>"YOU SHOULD FEEL..." Hamstrings and Calves</p>	