



Post Exercise Static Stretches

Why do Static Stretches after Exercise?

To relax and stretch muscle to pre exercise length. Helps reduce muscle soreness and helps dissipate pooled blood from worked muscles. Helps promote muscle flexibility over time. Perform **AFTER** a cool down or post race slow jog, which helps to reduce lactic acid build up.

STATIC STRETCHES – POST EXERCISE Gently increase the stretch after 6-10 seconds on each stretch.



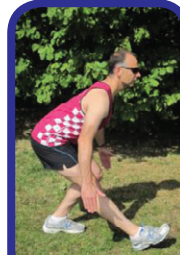
1 / Calf Stretch

10- 15 seconds.
Heel of foot flat on floor, front leg bent at knee with straightened diagonal line from heel to top of head



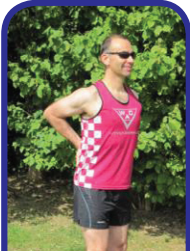
2 / Quadriceps Stretch

15-25 seconds.
Hold front of foot so heel tucked up to bottom. Both knees together and push through pelvis.



3 / Hamstring Stretch

15-25 seconds.
Take stretching leg straight and forward and bend other leg, 'sitting down' towards floor. To increase stretch, flex foot off floor towards shin.



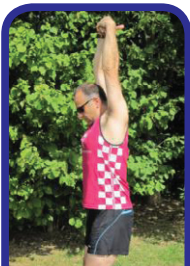
4 / Chest Stretch

15-25 seconds.
Place both hands palm on lower back. Squeeze elbows together.



5 / Upper Back Stretch

15-25 seconds.
Place one hand in other, chin to chest and draw arms outstretched in front at shoulder height.



6 / Shoulder & Upper Back Stretch

15-25 seconds.
Place one hand in other, chin to chest and stretch arms upwards together.



7 / Triceps Stretch

10- 15 seconds.
Place one palm in between shoulder blades with elbow pointing upwards take other hand and from the front of body line gently push against the elbow.

POST WORKOUT – Eat within 30-45 minutes to replace glycogen stores in the muscles. The body is most receptive in this period to top up stores of glycogen, the bodies main fuel for exercise. A 3:1 ratio of Carbs to Protein is ideal or an energy drink. Try lean Chicken and salad sandwich or Tuna pasta or simply a Banana and nuts and seeds. **Happy Training! Steve Cuvieo**