

STATIC FLEXIBILITY EXERCISES

1. HANG DOWN

- A. Stand with your feet under your hips and knees slightly flexed. Toes are pointed straight ahead
- B. Bend slowly forward at the hips
- C. Let the arms and head hang relaxed
- D. Stretch should be felt in the hamstrings, calves, and lower back



2. HAMSTRING V-STRETCH

- A. Stand with your feet spread wide to the side. This stretch is performed to the right, left and down the middle
- B. Keeping a slightly flexed knee, begin by reaching both hands down for the right ankle
- C. Let the arms and head hang relaxed
- D. Repeat to the left ankle
- E. Finish by reaching both hands back through the middle of both legs as far as you can
- F. The stretch should be felt in the hamstrings, calves, groin, calves, and lower back



3. STANDING GROIN

- A. Stand upright with your legs set approximately 6 inches outside shoulder width
- B. Turn your right foot 90° sideways to the right, keeping your toes and heel in line with your body
- C. Stay tall and flex your right knee to allow your center of mass to lower as your hips sink between your legs
- D. Stay relaxed and let your arms hang free in front of your body
- E. Feel the stretch in your groin, and repeat with the other leg



4. HIP FLEXOR

- A. Kneel on the ground with one foot planted out in front of your body at a distance that will create a 90° angle at your knee
- B. Place your hands on your front knee and keep your chest up tall
- C. Slowly sink your hips forward and down to the floor
- D. Hold the stretch and relax. Repeat with other leg
- E. Stretch should be felt in your hip flexors and groin



5. BUTTERFLY STRETCH

- A. Sit upright on the floor.
- B. Flex your knees and bring the heels and soles of your feet together as you pull them toward your buttocks
- C. Place your elbows on the inside portion of both upper legs
- D. Exhale and slowly push your legs to the floor
- E. Hold the stretch and relax



6. SPINAL TWIST

- A. Sit upright on the floor with your hands behind your hips for support and your legs extended
- B. Flex your left leg, cross your left foot over your right leg and slide your heel toward your buttocks
- C. Reach over your left leg with your right arm and place your right elbow on the outside of your left knee
- D. Exhale and look over your left shoulder while turning your trunk and pushing back on your knee with your right elbow
- E. Hold the stretch and relax. Then repeat in other direction



7. CRADLE

- A. Sit upright on the floor with your back straight
- B. Flex one leg and slide the heel toward your buttocks
- C. Grasp one ankle with one hand and hook the knee with the elbow of the opposite shoulder
- D. Exhale and slowly pull your foot to the opposite shoulder as you bring your knee to your chest
- E. Hold the stretch and relax



8. LAY IT BACK

- A. Lie on the floor with your body extended
- B. Flex one leg and slide your heel toward your buttocks
- C. Grasp the ankle with one hand and the knee with the opposite hand
- D. Exhale and slowly pull your foot to the opposite shoulder and knee to your chest
- E. As you pull, lie back slowly to the floor
- F. Hold the stretch and relax



9. EXTEND AND PULL

- A. Lie flat on your back with your legs flat on the ground
- B. Inhale and extend one leg upward
- C. Grasp underneath the leg an inch or two below the knee joint
- D. Keeping a slightly flexed knee and your hips square on the ground, exhale and slowly pull the leg toward your face
- E. Your hips should stay on the ground and your opposite leg should remain flat on the ground with your foot facing straight up in the air
- F. Hold the stretch and relax



10. ROLL AND PULL

- A. Lie on your side
- B. Flex one knee
- C. Swing your arm back to grasp your ankle and pull your heel toward your buttocks without over compressing your knee
- D. As your pull, work your knee back away from your mid-section. Be careful not to lift the knee, pull straight back
- E. Hold the stretch and relax



11. HAMSTRING/CALF STRETCH

- A. Split your legs front and back with your front leg straight and your back leg bent.
- B. Bend slowly forward at your hips and grab your front foot with both hands.
- C. Stay relaxed and make sure your back heel stays on the ground.
- D. You should feel the stretch in your calf and hamstring
- E. As flexibility increases, increases the split in your legs



12. SAIGON SQUAT

- A. Assume the squat position with your feet placed slightly wider than shoulder width apart
- B. Slowly squat down and place your elbows on the inside portions of your upper legs
- C. Exhale and slowly push your legs outward with your elbows. Remember to keep your feet flat on the floor to reduce strain on your knees
- D. Keep your chest up and head level
- E. Hold the stretch and relax

