

STRETCHING 101:

General Rules for Effective Stretching

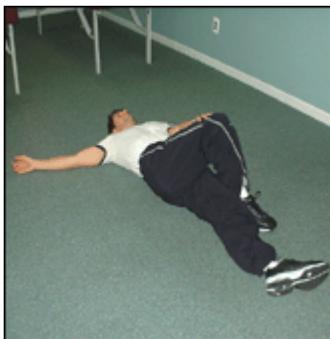
- 1) Ideally, perform at least a 5-minute warm-up prior to starting your stretching sessions.
- 2) Hold all stretches for a minimum of 30 to 60 seconds.
- 3) Maintain a slow, deep breathing pattern when stretching. Increase the depth of your stretch when you breathe out.
- 4) You will know that you are stretching at the proper depth when the stretching sensation feels annoying or uncomfortable. **STRETCHING SHOULD NOT BE PAINFUL!!!**
- 5) Always stretch after performing cardiovascular exercise and ideally also stretch before performing strenuous exercise.

Remember the goal of stretching is to elongate the length of the muscle you are stretching. This will take time and consistency. If you are not able to maintain the stretch position for 30-60 seconds, you will not effectively elongate the muscle you're stretching and long term benefits will not be realized.

Below is a great stretch to try that will help loosen tight muscles in your rib cage, low/mid back, hip, outer thigh, chest and shoulder. This stretch has particular importance for golfers and tennis players due to the improvement you will feel in your ability to rotate your spine effectively when swinging your club or racquet. This stretch is also great for anyone with tight low back muscles. Please consult your physician first if you have sustained any low back injuries in your past.

This is just one of many stretches that you may find improves your sports performance, helps you recover from an injury or just makes you feel better throughout the day. This fitness tip is courtesy of **Elite Health & Fitness Training**. If you have any further questions regarding stretching or anything else related to personal fitness training services, contact **Elite Health & Fitness Training directly at 856.216.0044 or visit www.EliteFit.com**.

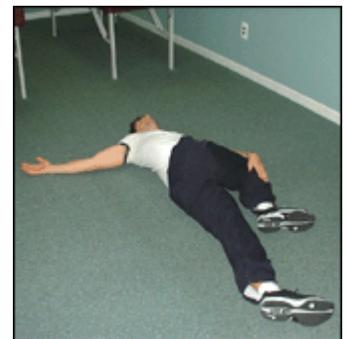
Cork Screw Stretch



Before

Before: Lay on the floor with the right leg bent and crossed over the left leg. Turn slightly to prop yourself onto your left hip. Place your left hand on the outside of your right knee. Raise your right arm straight over your head.

After: First, pull your right leg across your body towards the floor with your left hand until you feel a stretch across your low back and/or hip area. Then, slowly let your right arm fall out towards the floor at an angle even with your right shoulder. Repeat on the other side.



After