

FLEXIBILITY

FOR SPORTS PERFORMANCE

Sample Flexibility Workouts

The following are two sample “Stretch to Win” flexibility workouts that can be used for precompetition, daily maintenance, or postcompetition. Please refer to the demonstrations of each stretch exercise on the DVD to ensure proper technique and safety. It’s also important to remember these tips:

- Less is more; don’t overstretch.
- There should be a stretch awareness, but never pain!
- Synchronize your breathing with your movement.

Precompetition

The following is the Fast Stretch Wave™ program that can be done on a field or anywhere before a sports activity or event. Due to the increased tempo and fewer numbers of reps (2 to 5) for each stretch, it can be completed in as little as 8 to 20 minutes. Complete the exercises on one side and then repeat on the other side. You have the option of completing the entire routine or selecting the specific stretches that you feel need work. For example, a soccer player might decide to select trunk and lower-body stretches, but skip the arm stretches. This routine can be done right up to game time because it helps engage the correct nervous system for physical action and the mindset for getting ready to perform.

1. Hip circles (right)



2. Leg swings

- Front to back, bent knee to straight knee



3. Leg swings

- Open and across the body



4. Hip series (kneeling)

- Hip flexor
- Lateral hip
- Adductor



5. Glutes



6. Abdominals
- Straight up
 - Right side
 - Left side



7. Quadratus lumborum (QL) and iliotibial (IT) band



8. Low back



9. Glutes (with or without pole or wall)



10. Hamstrings

- Center
- Right
- Left



11. Lower legs



12. Lateral line



13. Arm swings



14. Arm series



15. Anterior shoulder



16. Posterior shoulder



17. Wrist flexors



18. Biceps and wrist extensors



Maintenance and Postcompetition

This sample flexibility program can be done at the end of the day, after a hard workout, or post-competition to restore tissue length. Performing it on a daily basis would be optimal, but use it at least 3 to 4 days a week. Generally, each exercise should be performed until the tissue loosens up, usually 3 to 8 reps. A complete workout can take as little as 15 minutes or as long as an hour, depending on how much time is needed to restore flexibility.

The exercises cover all areas of the body but especially focus on the hip area that often seems to be in need of attention. This routine has been designed to allow you to move easily from one stretch into the next with a smooth flow and rhythm. The transition movements should be inhalations and the stretches should be done using exhalations. Please feel free to customize your programs as needed.

1. Hip warm-up

- Stretch hips to the right.
- Stretch hips to the left.



2. Front of hip and torso series

- Lift torso up.
- Rotate torso to the right.
- Rotate torso to the left.



3. Hip openers

- Drop both knees to the right.



4. Sitting glutes stretch



5. Lateral line and glutes stretch
 - Repeat other side.



6. Low back series
 - Drop knees to right.
 - Open legs and reach left arm up.



7. Gluteus maximus and gluteus medius stretches

- Gluteus maximus and deep rotators



- Gluteus medius



8. Hamstring series
- Straighten leg.
 - Center



- Medial



- Lateral



Note: Roll onto back and repeat the entire glute and hamstring series on the other side.

9. Arm series

- External shoulder rotators



- Internal shoulder rotators



- Triceps



- Deltoid and rhomboid



Note: From the previous position, roll off your arm and onto your side then onto all fours to slowly stand up. Caution: Do this slowly as a precaution for dizziness. If dizzy, go back down to all fours and take several deep breaths before attempting to stand again.

10. Hip flexor series

11. Lateral hip stretch



12. Groin muscle stretch (short adductors)

- Repeat other side.



13. Back line roll-up

- From previous stretch, get on to all fours and slowly return to standing position.



14. Full fascial stretch

- Front line



- Lateral line

