



Notes : This is your stretching program that you can use before and after training. I have given you a variety of stretches to mix between (ie you dont need to do all of them as I have given you variety of the stretching the same area)

1 Hamstring and calf stretch



Lie on your back and place a long strap around your forefoot, holding the ends with your hands.
Lift your leg straight up, keeping your knee straight, and pulling gently on the strap with your hands until you feel a gentle stretch behind the thigh and calf. Maintain the position for the prescribed time.

Sets: 2 Reps: 2 Hold: 30 sec

2 Hamstrings stretch



Support yourself on one knee with one leg stretched out in front of you and your knee slightly bent.
Tilt the pelvis forward by arching your lower back.
Increase the knee flexion, support yourself with your hands, and straighten the elbows, to decrease the pressure of your body weight on your rear foot.
Bend your torso forward and maintain this position until you feel a comfortable stretch behind your thigh.

Sets: 2 Reps: 2 Hold: 30 sec

3 Butterfly stretch



Lie on your back with your head on a pillow.
Bring your hands behind your head, then let the elbows fall toward the ground on each side.
Hold the position.

Sets: 2 Reps: 2 Hold: 30 sec

4 Posture stretch on roller



Lie on a foam roller with your knees bent and feet flat on the ground. Your palms are facing up and your arms are abducted about 45 degrees with your body.
As your flexibility progress, abduct your arms up to 90 degrees.
Hold the position for the prescribed duration.

Sets: 2 Reps: 10



5 Pectoralis minor stretch



Lie down on your back with your spine on a rolled towel or a foam roller. Your head should be supported so it is aligned with the spine.
You can either have your arms relaxed with elbows on the ground and hands on the chest or you can bring the back of your hands toward the ground with elbows bent to 90 degrees to increase the stretch.
Hold the position.

Sets: 2 Reps: 2 Hold: 30 sec

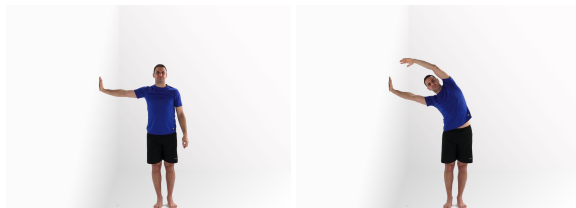
6 Active pectoral stretch (wall)



Stand back to a wall, arms raised to shoulder level, elbows flexed at 90 ° and palms facing each other.
Inhale, activate your core muscles and tuck your chin-keeping your head and spine in contact with the wall throughout the whole exercise.
Draw your shoulder blades down and together, then bring your arms backwards towards the wall as far as you feel comfortable.
To increase the stretch, try to get your upper arm and forearms flush and against the wall, without moving your spine.
Exhale and bring your arms back together, then repeat.

Sets: 2 Reps: 2 Hold: 30 sec

7 Lats and QL stretch on wall



Stand near a wall with your feet together.
Raise your arm closest to the wall to 90° and straighten your elbow to support yourself against the wall.
Raise your other arm up over your head reaching toward the wall and pushing your hips away from the wall.
You should feel a stretch in your side that is farthest from the wall.

Sets: 2 Reps: 2 Hold: 20 sec

8 Quadratus lumborum stretching



Start on all fours and lower your buttocks on your heels and reach forward with your arms. Your spine should be rounded at this point.
Reach out as far as possible to one side until a stretch is felt on the torso (opposite side).
Hold the stretch.

Sets: 2 Reps: 2 Hold: 20 sec

9 Lumbar rotation stretch



Lie on your back, then bring one knee toward your face so that your hip is flexed to 90 degrees.
With the opposite hand, pull it sideways toward the floor to feel a stretch in the lower back/buttock.
Keep the shoulders flat on the ground during the stretch.

Sets: 2 Reps: 2 Hold: 30 sec



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Juan Claude Formanek Stretching program

Client

Juan Claude Formanek

Online access

www.physiotec.ca

Username

3naqw3k3etmd7cp

10 Hip flexors stretch (static)



Kneel on one knee creating a 90° angle with the opposite hip and use a chair for support.

Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch on the anterior aspect of your hip of the lower leg.

Maintain the position and relax.

Maintain your upper body upright and your lower back flat (not arched).

Sets: 2 Reps: 2 Hold: 30 sec

11 Iliopsoas stretch



On one knee, begin to transfer or push your pelvis forward with your upper body upright

Hold for 30 seconds then repeat.

Sets: 2 Reps: 2 Hold: 20 sec