

## Stretching – Daily Routine & Plan

The best stretching occurs on days exercising the antagonist or opposing muscles, e.g. stretch your quads on the days you lift hamstrings. It is important to stretch at the correct times, incorrect timing can actually cause more damage than benefit.

With this in mind we will pair D1/D2 and D3/D4, stretching the opposite on a given lift day (e.g. stretch D2 items on D1 lifting).

- Chest & Tri's paired with Back & Bi's
- Shoulders paired with Legs

Each stretch will be held for one of the following holds, selected during the routine. The selected order will not be maintained, but is suggested as listed.

- 4 breaths per hold, 4 holds
- 10-30 seconds, 3-4 holds

On the rest day, which occurs about once per lift cycle all stretches will occur, if possible.

### Stretch 1 (on Day 2) - Back

- Hamstring Back Extension
- Kneeling High-Pulley Row
- Floating TROW

### Stretch 2 (on Day 1) – Chest & Tri's

- On-Wall Pec Stretch
- Chest And Front Of Shoulder Stretch (Bar overhead)
- Smooth Foam Rolls – Front, Back
- Bumpy Foam Rolls - Side

### Stretch 3 (on Day 4) - Legs

- Seated Hamstring Stretches
- Gross-Glute Stretch
- Hip Flexor Stretch
- Wide Hamstring Stretch
- Wall Calf & Leg Extension (Fridge Stretch)

### Stretch 4 (on Day 3) - Shoulders

- Shoulder Stretch (hold across pecs)
- Over the Head (hand down spine)
- Wall Shoulder Stretch (hands against wall and lean forward)
- Chin to Chest Stretch

### Stretch 5 (on rest day, and when possible)

- Bent-over Pole Squat Stretch (Bring around, all the way down)
- Pole Good Mornings (Raised High)
- Pole behind the back