

CÓMO MEJORAR LA FLEXIBILIDAD

EXPLICACIONES
CÓMO PROGRESAR
PARTE SUPERIOR Y INFERIOR DEL CUERPO



ESPAÑOL

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I - General explanations

Definition

Flexibility is defined as a muscular quality, like strength or endurance. It is based on the fact of sustaining the stretching of a muscle or a joint, the amplitude of which will depend on our level. While the name stretching is more generally given to exercises that train this flexibility. No equipment is necessary, except for a stick, or an elastic band, or even a garment for some specific exercises, but in no case is it mandatory. Stretching decreases the strength and explosiveness of a muscle at the moment. But in street workout you do not have to take this into account, the impact is minimal and the way of using the body in street workout compared to other sports is particular (it is not about maximum strength but about nervous strength, although the former is also developed limited). Furthermore, in view of the benefits, this consequence is

Active and passive

There are two types of flexibility. The so-called active flexibility: a muscle that stretches while contracting. And conversely, passive flexibility, which does not induce contraction during stretching. These two types of flexibility may be different, either due to the type of exercise in practice or what happens at the muscular level, but they are similar, as is mobility. In street workout, it will be active flexibility at a general level. All the muscles in our body contract and gain strength to fight against gravity, to be able to perform the figures. Although the efforts are made in one/several muscle areas in particular, the entire body is in action, it is a chain.

Difference with mobility

Flexibility and mobility are not the same, the difference is quite subtle. The point about flexibility has already been made before, let's move on to mobility. Mobility is, in a certain way, the movement that flexibility allows us to perform. Mobility is necessarily active flexibility, because a movement is produced that contracts the muscle in question. Passive flexibility, on the other hand, is limited to the simple elastic capacity of the muscle or joint. It is an external force that causes stretching.



I - General explanations

Benefits

Flexibility is something that can be essential in street workouts. But not only that, it has health benefits in everyday life, not to mention any sport. It helps to improve your mental state, the intensity of the stretches and the regularity that you have to maintain, make you more resistant in your head. Street workout figures will mainly require strength, linked to the developing nervous system. But some figures focus more on flexibility and are unattainable without having reached a certain threshold. They are not numerous, but we can mention, for example, the manna, the hollowback handstand or the V-sit. In general, everyone will demand even a small amount. The figures of this sport are very demanding and are not supposed to be natural for our body. You don't really feel it, but many muscles are stretched (the active kind, due to the muscle contraction necessary for figures). For example, the shoulders are stretched during a plank due to even minimal forward lean.

As for mobility, it is also necessary. Still in a plank, a figure in which you lean forward with your arms outstretched, your wrists are under the pressure of your body weight. When you are a beginner, and you are not yet strong enough, you will have to lean forward more than if you were stronger, in order to lift the figure and hold it. At this point, the natural capacity of our wrists is less than required. This is where more or less uncomfortable cough pains may appear. Flexibility and mobility play an important role in injuries. Being flexible and mobile increases a muscle's ability to withstand pressure; even when pushed beyond its limits, it will be able to withstand more and have higher limits than the base. Please note that this does not completely eliminate the risk of injury, but does limit potential damage.

Between employment, the different positions we find ourselves in during the day (standing, sitting, lying), as well as our genetic predispositions (that is, the length of our bones, muscles or tendons) end up causing muscle stiffness. These stiffnesses cause a higher risk of injuries, such as tendonitis, muscle tears, loss of strength and explosiveness, and a slower recovery from these same injuries. Stretching allows proper realignment of muscle and tendon fibers, which promotes recovery and reduces tension on the tendons. Stretching releases hormones in our body, which gives us a feeling of pleasure and well-being. This is the reward associated with pain, which itself is not pain, when stretched. Therefore, it can be considered interesting and prudent to work on it before going to sleep. We enter a state of relaxation that promotes sleep. In the morning, on the other hand, our muscles are stiff, but nothing prevents us from stretching, which can be considered a wake-up call to start the day.



II - Training

When to train

In the context of flexibility, it is not advisable to train immediately after finishing a workout, you should wait at least a few hours. Within the framework of a few short stretches, you can. It is even beneficial for muscle recovery. But for the flexibility aspect, which requires holding positions for longer, you will have to wait. In the morning or at night, you decide. It can be a positive way to start the day, as well as a relaxing way to end it.

Nothing prevents doing it in the morning and at night, with a lighter practice time in each session so as not to overdo it. Flexibility training is training in itself if you want to develop it. If it is a few muscles, it can be done before starting street workout training. It does not allow you to recover your soreness because, on the contrary, it causes muscle micro-injuries (in long maintenance sessions), but it allows you to recover your resting length (short stretches after a workout).

Sensations

Flexibility can be seen as something painful, in reality it is not a suffering but an unpleasant sensation. The pain may be in the fact that the muscles are suffering micro-injuries, which will be repaired with sleep during the night and this is how the cycle of progress works. However, muscle pain is not considered an injury in itself. Forcing them, on the other hand, could be harmful, rest is important. It is also a mental exercise, the practice of flexibility. You have to be able to resist these sensations. Some may find it enjoyable. Not all muscles feel the same, some are really intense like the trapezius, and others are softer.

Stretching should not be forced, it should not be intense. We try to push our muscles beyond their limits in order to progress and we end up naturally breaking these limits that will become the basis. You have to look for a breadth that induces good work, but without going overboard. The risk of pain is true, but contracture should be avoided, it is a real injury that takes a long time to heal.

Relationship with warming

When a muscle is stretched, it gains amplitude at that moment. Therefore, it is an important element to temporarily increase flexibility capabilities, before training a figure that requires it, for example, in the case of street workout, gymnastics,... or simply to test its maximum amplitude, for example in a split. Doing some stretches during your warm-up isn't really considered flexibility training, especially since you only work the muscles needed for certain figures on the same day. But it is necessary because the body must warm up for the pressures that the muscles and joints will suffer. Otherwise, the risk of injury increases (stretching your wrists for the plank, stretching your legs to be efficient in the V-sit,...). In relation to this, if you only want to train your flexibility in a specific muscle, because you want to have a certain figure in street workout for example, there is no point in doing routines working the whole body as will be explained later.



II - Training

Create a routine

The goal is to create a flexibility routine. There are many exercises for the same muscle, which can work a more or less different area, you have to select according to your sensations. If an exercise is supposed to stretch a muscle, but you don't really feel it, or you feel it in another muscle, you have to try other exercises to find something better. It also depends on your taste. Some exercises may be considered better than others, but all are valid and effective as long as they are done correctly and effort is put into them. You can decide to replace them whenever you want. It is worth trying them all at first, until you find the most suitable ones for you. For example, change them each session to have something you like to do. In short, you have to experiment to find what suits you.

Goals

For the rest, it depends on your objectives. If one has a tendency to hold for a long time (1 minute on an exercise) to optimize the speed of progression, one may or may not remain in this momentum. Maintaining flexibility once acquired is easy, even with maintenance times of between 15 and 30 seconds. If the choice is a question of health, to limit the risk of injuries during sports practice, because once flexibility and mobility have been acquired, there is no point in going further if there is no desire. A maximum of 30 seconds in each exercise is enough if the goal is to maintain the level, have fun or release hormones.

Methods

There are two ways to train flexibility. The first is to train it daily, and the second is to train it 2-3 times a week. Doing flexibility every day has the effect of anchoring a new habit, which is helpful because getting motivated to go do it isn't easy. The time needed to practice every day is less than practicing several times a week, which further encourages not missing sessions. If performed several times a week, in order for it to remain as effective as it should be, you will need to increase the amount of time you hold each position.

Personally, I prefer the daily method. It is more optimal for maintaining flexibility than the second method. I have no real need to gain more range in my flexibility. But it is also possible to maintain a practice several times a week, making longer retention times, for those who are more motivated and have time to dedicate to it.

For the first method, the holding time should be 15 to 30 seconds for each muscle/joint. For the second method, the holding time should be 45 seconds to 1 minute. This time should not be exceeded, as it becomes dangerous and is not beneficial for the body.



III - Exercises

Explanations

Active stretching can be incorporated into a routine that includes passive stretching, and vice versa. Here there will only be passive stretching (no movement, just maintaining positions) with the sole objective of developing flexibility, not to mention the other street workout figures for which my e-books are available. Regarding maintenance times, it has already been explained before. And, it's not about sets/cycles, but about doing an exercise for each muscle once. There are exercises for the main muscle groups, but of course there are many others, especially for the so-called "deep" muscles, which are less important.

Upper body



Neck

Push your chin up, accompanying your body.



Cervical (both sides)

Throw your head to the side without accompanying your body.



III - Exercises



Trapezoids 1 (both sides)

Pull your head down and to the side accompanying your body.



Trapeze 2

Lie on your back, bring your legs (straight or not) as far as possible behind your head.



Lat 1

Hold a support, bend over and pull while lifting your back.



III - Exercises



Sitting on the floor, lean to one side, throw your foot out while raising your back.

Lat 2 (both sides)



Sitting on your legs, arch your back while lifting your buttocks and chest up.

Lumbar



Lie on your stomach, push your body up and back with your fingers.

Abs



III - Exercises



Obliques (both sides)

Sitting on the floor, lean to one side, without pulling your foot, and try to put your body on your leg.



Chest 1 (both sides)

Place your hand in a neutral grip against a support, push with your arm straight and try to open your chest.



Chest 2

Hold a stick or piece of clothing with a wide grip with your arms stretched behind your back and open your chest. It is also possible with an elastic band, but less effective.



III - Exercises



Shoulders 1

Stretch your arms back by joining your hands and try to open your shoulders outwards.



Shoulders 2

Sitting on the floor, raise your body, push with your arms stretched upward and try to open your shoulders outwards.



Shoulders 3 (both sides)

Grab your arm at the elbow, pull to the other side, reach far and do not fully stretch your arm.



III - Exercises



Shoulders 4

Hold an elastic band with a tight grip behind your back and open your shoulders. It is also possible with a stick/clothing, but less effective.



Triceps 1 (both sides)

Grab your arm at the elbow, pull it to the other side, without trying to straighten your arm or bend it.



Triceps 2 (both sides)

Grab your arm at the elbow behind your head and pull it down.



III - Exercises



Biceps (both sides)

Place your hand in a neutral grip against a support, push your elbow with your arm straight and without opening your chest.



Forearms pronation 1 (both sides)

Hold your hand pronated and pull your fingers towards you.



Forearms pronation 2 (both sides)

Place your hand, palms up, against a support at waist height with your arm straight and stretch forward.



III - Exercises



Forearms pronation 3 (both sides)

Grab the back of your hand with your arm straight and open your elbow outwards.



Forearms supination 1

Hold your hand in supination and pull your fingers towards you.



Forearms supination 2 (both sides)

Place your hand flat against a support at head height with your arm straight and stretch forward.



III - Exercises



Pronated wrists

Place your hands pronated on the floor and lean forward.



Supination wrists

Place your hands supinated on the floor and lean back.



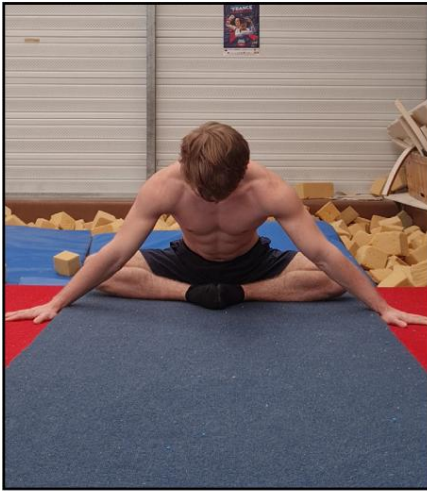
reverse dolls

Place the backs of your hands on the floor and lean back.



III - Exercises

Lower body



Adductors 1



Adductors 2

Sitting on the floor, bring both feet together and try to touch the floor with your thighs.

Hold the floor with your hands and try to separate your legs, which remain stretched to the sides.



III - Exercises



Quadriceps 1 (both sides)

Standing, grab your foot to bring your heel toward your glutes.



Quadriceps 2 (both sides)

Lying on the floor, grab your foot to bring your heel toward your buttocks.



Quadriceps 1

Sitting on your legs, hold the floor with your hands and try to move your legs backwards, keeping your body straight.



III - Exercises



Hamstrings 1

Standing, try to touch your feet with your hands, keeping your legs straight.



Hamstrings 2

Sitting on the floor, try to touch your feet without pulling them with your hands while keeping your legs straight.



Hamstrings 3 (both sides)

Lying on the floor, pull your straight leg towards you with an elastic band.



III - Exercises



Glutes 1 (both sides)

Sitting on the floor, cross your leg to the other side and push it outward with your arm.



Glutes 2 (both sides)

Lying on the floor, cross your leg to the other side and push it down while directing your chest to the opposite side.



Calves 1 (both sides)

Standing, try to touch your feet, pointing them towards you with your hands while you stretch your leg.



III - Exercises



Calves 2

Sitting on the floor, pull your feet towards you while keeping your legs straight.



Calves 3 (both sides)

Hold a support, place one leg straight behind you, with your foot flat, and move forward.



IV - In conclusion

Thanks

Thank you for purchasing this e-book by trusting me. This e-book is not an exact science, but an accumulation of information that I have been able to record in my memory, informing me, either on the Internet or by talking to athletes, from my practice of several years of street workout and from being specialized in figures. that require good flexibility. After having tried different methods and exercises, I propose here my way of working. It will not be the best, because we are all different and our bodies do not react the same. And then, reaching the perfection of a type of training is not possible, the possible parameters to analyze are too numerous (rest time, stretching time, weekly frequency, time of day, soreness,...).

It is just a matter of accepting the time of progress that can be slow or fast, appreciating the moments and being proud of the results obtained, patience is the key to flexibility. It's something you can be sure of in the future, for everyone. Unlike what happens in street workout in figures, where progress is not always certain, the differences in progress between one person and another can be significant.

I wish you the best, please let me know if you have any questions, as it is not the easiest e-book to understand, what you think of it, and your progress on social media. I'll look forward to it.

Disclaimer

I, Kévin Rouland, am not responsible for any injuries or health problems. Any sports practice is subject to possible injuries.

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