Congrats, you’ve finished your workout, wiped the sweat off your forehead and you're ready to hit the showers... Except now grabbing the shower head feels like lifting a 50kg dumbell. You're now ready to sleep and "recover" but your blanket doesn't seem to be moving.. Pulling it over yourself feels as heavy as moving a sandbag. Let's not forget about waking up the next morning after a leg day walking like a penguin.That’s what happens when you skip the most important part of your workout: static stretching.

You might be thinking "I just lifted some heavy weights, isn't that enough?" or "But you jusr told me about dynamic stretching, why do it twice? Aren't they the same?"

I'm here to tell you that you're wrong, your

muscles aren't made out of concrete and finally dynamic and static stretching are like (faux jumeaux). You either give your attention to both or one of them will make you regret it.

Why static stretching?(en gras)

You surely did a good job in the heavy lifting part of your workout but now, your muscles are under a lot of tension because of the contractions and tightening\* that happens while lifting. You ease up that tension with static stretches.

What happens if you don't?

Except for the fact that you feel 50 years older, you're now more injury-prone and less flexible. But I'm sure you wouldn't want that in your daily life so better start doing it before you become unable to do nothing.

In other words, static stretching increases blood flow to your muscles, reduces soreness and injury risks, and helps release that lactic acid that builds up inside your muscles during a tough session.

Before moving to the HOW let's mention the WHEN to do it.(gras)

Static stretching isn't something you do before your workout.

When your muscles are cold and tight, you need a dynamic movement (or dynamic stretching in this case) to warm them up.

If you do static movement, it can cause a muscle tear which doesn't sound enjoyable.

HOW to do static stretching (gras)

Whether you've been deadlifting, bench

pressing, just doing some high-intensity cardio or whatever muscles you've been training, you will need to ease up the tension inside of them and here are the best scientific stretches for each targeted muscle.

After a lower body workout:

Stretch these 3 main muscles; quads, hamstrings and calves.

Hamstrings: Sit down, extend one leg, and reach for your toes. If you can’t touch them, don’t worry because you’re not alone.

Quads: Stand on one leg, pull your opposite foot behind you toward your glutes, and hold.

Calves: Lean forward into a wall with one

leg behind you, heel on the ground, and feel that stretch up the back of your leg.

Your legs will thank you sooner or later.

After any kind of upper body workout: (gras)

Chest: Find a doorway, place your forearms against the frame, and gently lean forward. This opens up your chest and feels amazing after any heavy lifting.

Shoulders: Grab your arm and pull it across your chest, holding it with your opposite hand.

Back: Get on all fours and alternate between arching your back (like a cat) and

dipping it down (like a cow). Pro tip: Do this one in private.

Hip Flexors: If you’ve been running or squatting, your hip flexors are tight. Step one leg forward and drop your opposite knee to the ground, sinking into the stretch.

Lower Back: Pull your knees into your chest, and rock gently from side to side.

Abs: Lie face down, place your hands under your shoulders, and press up, lifting your chest off the ground.

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How long and how often should you stretch? (Gras)

Now that you know which muscles to stretch and how to stretch them, the next question is how long to hold each stretch. The sweet spot is about 20-30 seconds per stretch, repeating 2-3 times for each muscle group.

As for how often to stretch, aim for every time you hit the gym. Consistency is key, and while you don’t need to stretch for hours, a quick 5-10 minute cool-down routine will save your body without a doubt.