

# **The Great Eight Static Stretches**

***Created in Association with  
Assess and Correct:  
Breaking Barriers to Unlock Performance***

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## **Disclaimer**

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. With that in mind, those participating in exercise programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.



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## 1-arm Doorway Pec Stretch

Set up in a doorway with one arm out to the side of the doorframe at just above shoulder height. Step forward so that you apply a gentle stretch to the front of your shoulder, and turn your head and body in the direction opposite the arm. As you do this movement, make sure to lock your shoulder blade down and back.



## Wall Triceps Stretch

Set up with one side facing a wall, and raise the arm overhead, allowing your hand to hang behind your head without a forward head posture. Touch the elbow on that side to the wall, and then slide the rest of your upper body toward the wall while pushing your hips away. In the stretching position, the upper arm and shoulder blade should be touching the wall with the hips further away; the stretch should be felt along the back and side of the shoulder.



## Elbow/Wrist Flexors Stretch

Stand up tall with good posture, and elevate one arm out in front of you with the palm up. Use the other hand to pull the wrist into extension and make a conscious effort to straighten your elbow at the same time. You'll feel a stretch all along the palm side of your forearm.



## Kneeling Heel-to-Butt Stretch

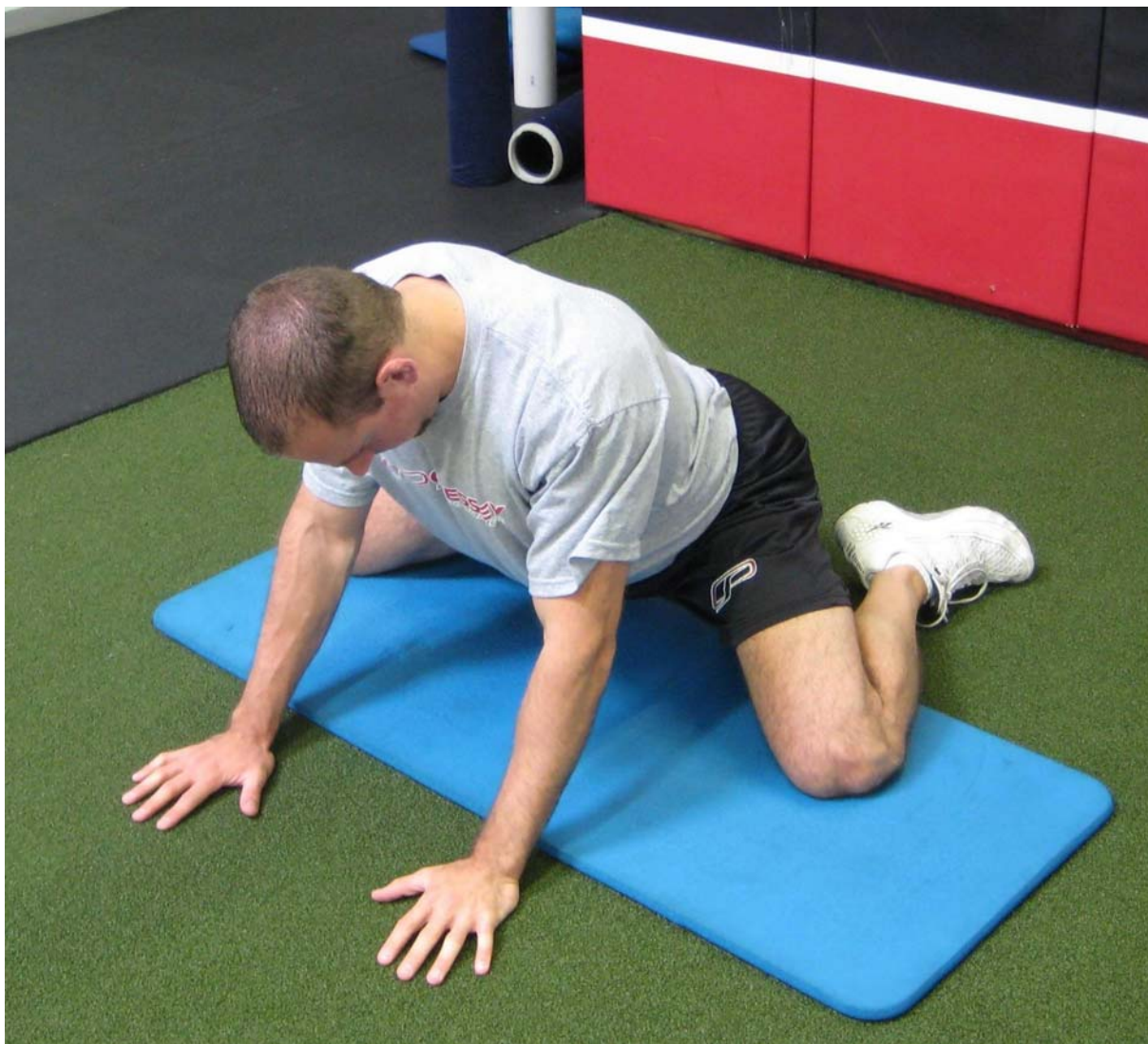
Set up in a lunge position facing a wall, with your front foot about one foot from that wall. Reach up with the hand on the same side of the front foot to balance yourself with the wall's help. Then, take the opposite hand and grab the foot of the trailing leg. From here, rock forward while simultaneously pulling the back foot toward your butt. Essentially, we want hip extension and knee flexion simultaneously.





## Kneeling Wide-Stance Rock-Back Stretch

Set up on all fours, but move your knees out as wide as your hip flexibility will allow. With that stretch on your adductors, slowly rock back as far as you can go without losing the arch in your lower back.



## Lying Knee-to-Knee Stretch

Set up on your back on the ground and bend the knees to a 90 degree angle. Move your feet out as wide as they will go, and keep them flat on the floor. Then, drop your knees toward the midline so that you feel a good stretch in the outside of your hips.

Those with a history of medial knee pain should approach this exercise with caution, and as a general rule of thumb, most females should not worry about doing it.



## Seated 90/90 Stretch

Seat yourself on a bench, and then take one foot and place the outside of it on top of the bottom of the opposite quad. Then, grab the shin of the elevated side and gently pull up to externally rotate the hip. Do not allow the knee to drop below the level of the foot on the elevated side. You should feel a stretch in the outside of your hip.



### 3-way Band Hamstrings Stretch

Set up on your back on the ground, with a band looped over one foot. The other foot should be positioned out straight (not turned out) and the bottom leg should be flat on the ground. You'll be stretching the hamstrings in three positions, all with the spine in a neutral position: no rounding and no rotation. With the first variation, you'll pull the top leg slightly across your body. With the second variation, the top leg will be directly above the body. And, with the third variation, the top leg will be positioned out to the side.

