

POST-EXERCISE STRETCHING PLAN

Always consult with your healthcare provider before beginning any new exercise program or routine.

Perform these stretches after physical activity.

Keep intensity at a comfortable 75% tension. Hold each stretch 20 – 60 seconds.

Dynamic stretching, not static stretching, is most appropriate before physical activity.

Performing static stretching before sports can decrease your sports performance. To ensure adequate range of motion during your activity, only perform static stretches on tight muscles after a proper dynamic warm-up and before your activity.

For additional wellness resources, fitness tips and inspiration, go to www.padmafitnessandyoga.com.



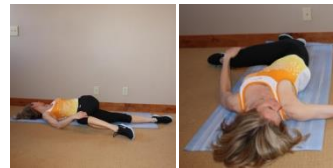
QUAD STRETCH



HAMSTRING STRETCH



COUNTER/WALL STRETCH



IT BAND STRETCH



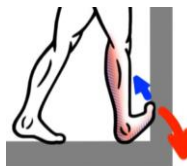
HIP FLEXOR STRETCH



SPINAL ROTATION STRETCH



INNER THIGH "V" STRETCH



CALF STRETCH



THREAD THE NEEDLE STRETCH



CATS & DOGS