

Functionally Fit

A
Quick and Effective Guide to
Stretching

A beginner's guide to a full body stretch, starting from the top down.



Disclaimer & Restrictions

BEFORE YOU BEGIN:

STRETCHING CAN AGGRAVATE VARIOUS MEDICAL CONDITIONS, INCLUDING BUT NOT LIMITED TO DISC HERNIATIONS, VARIOUS SPINAL CONDITIONS, AND MUSCLE INJURIES.

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Before you begin...



WARM UP

Whether it be 10-minute jog or 5-minute walk, get your body warm and move all your limbs to prepare for stretching.



KEEP TIME

Don't hold a stretch for longer than 2 minutes. The recommended hold time is 30 seconds to 1 minute.



AVOID PAIN

Do not stretch to cause pain. On a scale of 1-10, stretches should be around 6/7.



START GENTLY

Ease the muscle into the stretch so your body doesn't have a "muscle contraction impulse."



DON'T...

bounce! "Bouncing" the stretched muscles can cause injury.



DON'T...

perform deep static stretches before exercise. This may increase the chance of injury.

Neck & Shoulders

HOLD FOR 30-45 SECONDS EACH

GENTLY LOOK
DIRECTLY UP.



LOOK TO YOUR RIGHT, THEN
POINT YOUR LEFT EAR
TOWARDS THE CEILING.



LOOK TO YOUR LEFT, THEN
POINT YOUR RIGHT EAR
TOWARDS THE CEILING.



GENTLY TOUCH YOUR
CHIN TO YOUR CHEST



Neck & Shoulders

HOLD FOR 30-45 SECONDS EACH

GENTLY MOVE YOUR RIGHT
EAR TO YOUR RIGHT
SHOULDER.



GENTLY MOVE YOUR LEFT
EAR TO YOUR LEFT
SHOULDER.



PULL YOUR RIGHT ARM
ACROSS THE CENTER OF
YOUR BODY.



PULL YOUR LEFT ARM
ACROSS THE CENTER OF
YOUR BODY.



Chest & Biceps

HOLD FOR 30-45 SECONDS EACH

STANDING PARALLEL TO A WALL, PLACE YOUR RIGHT HAND BEHIND YOU AND PARALLEL WITH YOUR CHEST. TWIST YOUR TORSO FOR A DEEPER STRETCH.



PLACE YOUR RIGHT HAND BEHIND YOU AND LOWER THAN YOUR CHEST. TWIST YOUR TORSO FOR A DEEPER STRETCH.



PLACE YOUR LEFT HAND BEHIND YOU AND PARALLEL WITH YOUR CHEST.



PLACE YOUR LEFT HAND BEHIND YOU AND LOWER THAN YOUR CHEST.



Hips & Glutes

HOLD FOR 30-45 SECONDS EACH

SITTING DOWN ON A CHAIR,
REST YOUR RIGHT ANKLE ON
YOUR LEFT KNEE.



SITTING DOWN ON A CHAIR,
REST YOUR LEFT ANKLE ON
YOUR RIGHT KNEE.



REST YOUR RIGHT ANKLE
ON YOUR LEFT KNEE AND
GENTLY BRING YOUR RIGHT
KNEE AS CLOSE TO YOUR
CHEST AS YOU CAN.



REST YOUR LEFT ANKLE ON
YOUR RIGHT KNEE AND
GENTLY BRING YOUR LEFT
KNEE AS CLOSE TO YOUR
CHEST AS YOU CAN.



Core/Hamstrings

HOLD FOR 30-45 SECONDS

STANDING UP, SLOWLY HINGE AT YOUR HIPS, AND MOVE YOUR HEAD TOWARDS THE GROUND.

CONSULT YOUR DOCTOR BEFORE PERFORMING THIS STRETCH IF YOU HAVE A BACK INJURY.



Legs

HOLD FOR 30-45 SECONDS EACH

STANDING UP, GENTLY GRAB YOUR RIGHT FOOT WITH YOUR RIGHT HAND, PULLING YOUR FOOT TOWARDS YOUR GLUTE.



STANDING UP, GENTLY GRAB YOUR LEFT FOOT WITH YOUR LEFT HAND, PULLING YOUR FOOT TOWARDS YOUR GLUTE.



PLACE BOTH HANDS ON A WALL AND GENTLY LUNG FORWARD WITH YOUR LEFT LEG, STRETCHING YOUR RIGHT CALF.



GENTLY LUNG FORWARD WITH YOUR RIGHT LEG, STRETCHING YOUR LEFT CALF.

