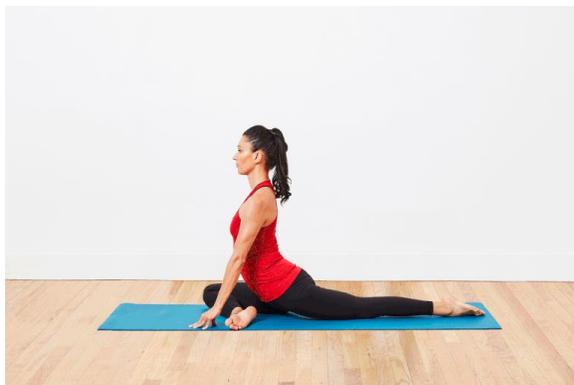


Hip Flexors Stretch

1. To stretch the right hip flexors kneel on your right knee and put your left foot in front of you such that your left hip and knee are about 90 degrees.
2. Put a noodle or board on the floor for your knee if you find this uncomfortable.
3. Put your right hand on your right hip and push your right hip forward so that it is in front of your right knee.
4. Keep your chest up and don't bend forward at the hips.
5. Hold this for 30 seconds.

Repeat this on the left side.



Long Hip Adductors

1. Kneel onto your left leg or simply squat down on the left.
2. Place your right foot in front of you to assume the lunge position.
3. Slide your right foot out to the side and place both hands on the floor in front of you.
4. Try to straighten the right knee and lean your body forward while relaxing your hips.
5. Rocking the hips forward and back will change the pull slightly to get all long adductors.
6. Hold this for 30 seconds.

Repeat this on the other side.



Stretching Exercises for Swimmers: Mid Pectoralis Muscle Stretch

1. Stand with your right side facing a wall or door frame.
2. Put your right hand up on the wall, thumb facing up, at shoulder level.
3. Slowly rotate your trunk to the left until a stretch is felt.
4. Hold this for 30 seconds.
5. Repeat this on the left.



Stretching Exercises for Swimmers: Tricep Stretch

1. Standing or sitting raise your right hand up over your head.
 2. Bend the right elbow and grasp the right elbow with your left hand.
 3. Pull your right elbow to the left overhead.
 4. Hold this position for 30 seconds.
- Repeat on the other side.



Stretching Exercises for Swimmers: Posterior Shoulder Stretch

1. Stand or sit with chest up and head in neutral position.
 2. Bring your right elbow up and pull it over to the left at shoulder level with the left hand.
 3. Hold this position for 30 seconds.
- Repeat on the other side.



Thread the Needle:



Prone Pec Stretch:



Standing Forward Fold:



Hamstring Stretch with Strap:



Seated Forward Fold:



Back Stretches:



Hamstring Stretch:

-Downward Dog



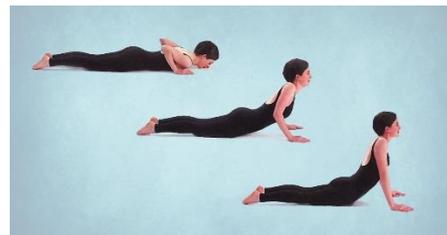
Flexion Lying Stretch:



-Wide Legged Forward Fold



Extension Lying Stretch:



Quadricep Stretch:



Quad Lunge Stretch:



Quad Front Leg Stretch:



Recommendations:

- 1) Hold each pose for 30 seconds and make sure to do both sides of the body when it applies
- 2) Stretching should never HURT. If there is pain, ease off and only go to the point when you are able to feel a stretch, but not pain.
- 3) Stretch every day for 5-10 minutes.
- 4) Spend extra time in stretches that apply to the areas of your body that are the most tight.
- 5) Try to avoid LOCKING knee joints.
- 6) Be mindful of your breath in these exercises! Take an inhale and then go into your stretch and just breathe. Imagine breathing into the spaces of your body that feel tight.
- 7) Practice other yoga poses you like!
- 8) ROLLER. ROLLER. ROLLER. It is really important to roll out tight muscles as well. I recommend finding a roller routine on YouTube or the internet as a guide. You can use the traditional style rollers for bigger muscle groups, smaller rollers to accommodate smaller muscle groups or harder to reach muscles and harder massage balls are AWESOME for digging into the neck and shoulder spaces!

<http://www.stretching-exercises-guide.com>