

YDC SWIM TEAM - STRETCHING ROUTINE

Hold each stretch for **30 seconds minimum**

Pay attention to how the stretch feels...

Does it hurt? Pain = too much! Reduce your stretch and find a good stopping place so you feel a solid stretch throughout your muscles.

Don't feel anything? = Not bending or pulling enough! Adjust so you feel a solid stretch throughout your muscles.

Sitting on the ground - Bend at your **WAIST**, not your shoulders!

- Right leg extended, left foot tucked up against right knee - arms up, inhale and exhale slowly while lowering arms to reach towards your toes. Switch legs and repeat.
- Extend both legs in front of you, make sure toes point up to the ceiling - arms up, inhale and exhale slowly while lowering arms to reach towards your toes
- Butterfly stretch - bend your knees and let them fall out to the side, pull your heels in as close to your body as you can and lean forward. If you would like a deeper stretch, place your hands on your knees and gently press them towards the ground. **DO NOT BOUNCE YOUR KNEES UP AND DOWN**
- Extend your right leg in front of you, cross your left foot over your right knee and twist to the left while gently pulling your knee to the right - keep spine straight, you should be feeling a stretch throughout your muscle on the outside of your thigh. Switch legs and repeat.

Standing up -

- Stand with feet hip width apart, raise arms over head and exhale while slowly bending at your waist to reach towards your toes - let your head and arms hang down towards the ground.
- Using the wall to balance if needed, lift your right heel behind your body towards your butt. Make sure your thighs are close together and let your bent knee point down towards the ground. Switch legs and repeat.
- Lift your right arm over your chest and hook your left arm underneath your right elbow. Let your right hand hang down and if you need a deeper stretch look over your right shoulder. Switch arms and repeat.
- Lift your right arm over your head and bend your arm to reach as far down your spine as you can. Using your left hand grab your elbow and gently pull to the left. Switch arms and repeat.

These are general stretches that you can do 3-7 days a week.

If you have more that you would like to include please do so!

Remember to take your time and be safe with these movements! :)