

K S Resources' Stretching Routine

(1) Neck:

- Athletic Stance
- Hold Shoulders and hips square to the front.
- Turn your head and look over your right shoulder. Hold for 30 seconds minimum.
- Move head back to the center.
- Turn your head and look over your left shoulder. Hold for 30 seconds, minimum.
- Move your head to the center.



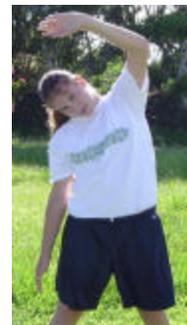
(3) Deltoids & Rhomboids:

- Athletic Stance
- Right arm crosses over the body, keeping it straight.
- Left hand holds the tricep muscle on the right arm.
- Gently pull the right arm towards body, keeping arm straight. Hold for 30 seconds, minimum.
- Repeat using your left arm.



(5) Obliques:

- Athletic Stance
- Keeping back aligned, bend to the left.
- Left arm/hand should be dangling, free from all contact with body.
- Right arm over head.
- Hold for 30 seconds, minimum.
- Repeat to the left side.



(2) Shoulder Rolls:

- Athletic Stance
- Hunch your shoulders up towards your head.
- Slowly roll them in a forward motion.
- Repeat 4x.



(4) Triceps:

- Athletic Stance
- Right arm extends above head.
- Bend elbow so the hand reaches between the shoulder blades.
- Keep elbow high, pointing towards the sky.
- Left hand holds the tricep muscle of the right arm.
- Gently apply pressure. Hold for 30 seconds, minimum.



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(6) Adductors & Abductors:

- Athletic Stance
- Toes forward.
- Lean to the right side, bending knee.
- Be sure knee does not extend over the foot.
- Hands/Arms are dangling, free from all contact with body.
- Hold for 30 seconds, minimum.
 - Repeat on the left side.



(8) Hamstrings & Gluteus:

- Upper body in Athletic Stance
- Feet staggered, right foot in front of the left foot, minimum of shoulder length apart.
- Hands/Arms are dangling, free from all contact with body.
 - Keep right leg straight while “sitting” on left leg.
- To maximize the stretch, slightly press your gluteus towards the rear.
- Hold for 30 seconds minimum.
 - Repeat on left leg/side.



(7) Quadriceps & Gastrocnemius:

- Upper body in Athletic Stance
- Feet staggered, right foot in front of the left foot, minimum of shoulder length apart.
- Hands/Arms are dangling, free from all contact with body.
- Lean forward on right foot, applying pressure to the right quadriceps.
 - Be sure your knee does not extend over the foot.
- Hold for 30 seconds, minimum.
 - Repeat with left leg/foot.



(9) Toe Tappers:

- *Prevents shin splints.
- Upper body in Athletic Stance
- Feet staggered, right foot in front of the left foot, minimum of shoulder length apart.
- Hands/Arms are dangling, free from all contact with body.
- Keeping the heel of the foot on the ground, move the foot up and down. The faster the motion the more benefits.
- Hold for 30 seconds minimum.
 - Repeat on left leg/foot/side.



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(10) Ankle Rolls:

*Warms-up the ligaments and tendons in ankle and foot.

- Athletic Stance
- Weight is primarily on left side.
- Place right foot on the ball (of the foot).
- Keeping the ball of the foot on the ground, rotate the ankle, slowing, forming a circle.
- Repeat 4x in both directions.
 - Repeat on left ankle/foot.



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Hip Flexors:

- Lying on back with legs extended.
 - Keep your left leg flat on the ground.
 - Bring your right knee into the abdominal region.
- Lightly hold the hamstring, while gently applying pressure.
- Be sure to keep the lower back flat and head on the ground.
- Hold for 30 seconds, minimum.
- Repeat on left leg/side.



Additional Stretches

Pretzel:

- Sitting upright, with legs extended out, on the floor.
- Cross the right leg over the left leg.
- Bend the right knee and place the right foot flat on the ground.
 - Rotate obliques and abdominal region to the right side, while placing the left elbow on the outside of the right knee.
- Right hand slightly behind gluteus, flat on ground. (for stability)
- Hold for 30 seconds, minimum.
- Repeat on opposite side.



Lower back & Gluteus:

- Lying on back with legs extended.
- Bring your knees into the abdominal region.
 - Lightly hold the hamstrings, while gently applying pressure.
- Be sure to keep the lower back flat and head on the ground.
- Hold for 30 seconds, minimum.



Butterfly:

- Sitting upright, place the bottoms of the feet together, with knees extended out to the sides.
- Place palms of the hands on the inside region of the quadriceps.
- Gently apply pressure, until the stretch is "felt".
- Hold for 30 seconds, minimum.
 - Release knees, relax.
 - Repeat 4x.

