



Full Body Stretching Regimen

Below is a brief list with descriptions of the stretches that you are required to perform on a daily basis. **Flexibility and increasing range of motion is crucial to staying healthy as an athlete and imperative in maximizing your athletic potential.**

Quad Stretch

Start on both knees. Bring one knee back to the wall with the foot of that leg going up the wall. If possible, once your knee is all the way to the wall, bring your off-leg foot up in front of you. Finally, press your back up to the wall.

Hip Flexor

Star on both knees. Bring one foot out in front of you with a bent knee. Lean your hips forwards while keeping your back upright and extending through your back leg. The further you step out with your front foot and the straighter your back leg, the deeper the stretch. To enhance, take your arm of the side you are stretching and bring overhead.

Short Split

Start sitting up on both knees. Bring one leg directly out in front of you with the leg completely straight and the foot flexed. Keep your hips squared. If possible, start to bend forward at the waist, placing both hands to ground, one on each side of your straight leg.

Hip Stretch

Start on the ground with one leg bent in front of you at 90-degree angle from ankle to knee to hip, resting on the outside on the same leg. Take your other leg and extend it straight back behind you, squaring your hips. If possible, bring your chest to the ground while keeping your hips squared

Frog Stretch

Start on your knees. Spread your knees as wide as you can, supporting your body on your forearms and elbows. Spread ankles outside of your knees and lean back to your heels.

Calf Stretch

Stand on edge of stair, step, or flat raised surface. Hang one foot off of the edge while other foot supports your body weight. Drop the heel of your supporting foot as low as possible and hold, keeping your knee locked.



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Sleeper Stretch

Lay flat and in a straight line on one side of your body. Extend the arm that you are laying on out to your side in front of you, creating a 90-degree angle from your hand to armpit to hip. Bend your same-arm elbow so hand is upwards and facing towards your feet. Grab the wrist of your bent arm and push downwards towards your feet.

Over/Under

Start sitting on your knees. Grab a towel/rope with one hand. Bring towel hand over head and bend elbow so towel hangs down the middle of your back. With other hand, grab the towel behind your back. To enhance this stretch, get your hands closer together.

Korean Dip

In a sitting position, place both hands down by your side with your palms on the ground and your fingers facing forwards. Bend both elbows and slide your body away from your hands as far as possible. To enhance this stretch, perform with hand elevated on a box.

Front to Back

In a sitting position, place both hands behind you as close together as possible, keeping elbows completely locked. Maintaining hands where they are, slide your body away from said hands. Hang back head to look at the ceiling and hold.

Lat Stretch

Stand sideways right next to a doorway or a set of bars. With your feet together, reach overhead with your outside arm and grab a bar/frame. Take your inside hand and grab a bar/frame near your hip. Push your body away from the bars/frame, creating a “C” shape with your body.

Monkey Stretch

Start on your knees and sit on your heels. With your arms completely straight, rest your body weight on the top of your hands with your palms facing towards you right in front of your knees. Progress by moving wrists further away from your knees while remaining on your heels.

Reverse Monkey

Start on your knees and sit on your heels. With your arms completely straight, rest your body weight on the bottom of your hands with your palms facing down and wrists out right in front of your knees. Progress by moving wrists further away from knees while remaining on your heels.