

# STRETCH SMART

A simple guide to warm up and post exercise stretching exercises.

**Warming up** prepares your body for activity by increasing blood flow, loosening muscles, and reducing the risk of injury.

**Cooling down** helps your heart rate return to normal, reduces muscle stiffness, and improves flexibility and recovery.

**Stretching** improves flexibility, maintains joint mobility, and helps keep your muscles balanced and limber over time.




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**Static**

Involves holding a stretch in place



**Dynamic**

Involves moving in a controlled and fluid manner

**Three ways to schedule:**

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# Full Body WARM UP & STRETCH ROUTINE



## Dynamic Warm Up

Perform 10-15 repetitions or 30 seconds each

- **Alternating Knee-Hug** - Hug knee to chest while walking or in place
- **Arm circles** – Small to large circles, forward and backward
- **Torso twists** – Rotate upper body side to side \*Add a lunge with a torso twist
- **Hip circles** – Hands on hips, circle slowly
- **Leg swings** – Hold wall, swing one leg forward/back
- **High Kicks** - Kick straight forward, touching opposite hand to foot
- **Mini squats** – Bend knees slightly, stand back up
- **Heel raises** – Lift heels off floor, lower slowly
- **Arm swings** – Swing arms across chest, then open wide

## Static Stretches

Hold 10-30 seconds each

- **Neck Stretch:** Gently tilt your head side-to-side, forward, and backward.
- **Shoulder Stretch (Cross-Body):** Bring one arm across your chest and hold it with the opposite hand.
- **Triceps Stretch:** Reach one hand behind your head, elbow pointing up, and gently pull the elbow with the opposite hand.
- **Chest/Doorway Stretch:** Stand in a doorway, place arms on the frame at 90-degree angles and lean forward.
- **Upper Back Stretch:** Interlace fingers in front of you, palms facing out, and push forward while rounding your back.
- **Side Stretch (Standing):** Reach one arm overhead and lean to the opposite side.
- **Cat-Cow Stretch:** On hands and knees, alternate between arching your back (cat) and dipping it (cow) to stretch the back and spine.
- **Child's Pose:** From kneeling, sit back on your heels and extend your arms forward on the floor.
- **Kneeling Hip Flexor Stretch:** Kneel on one knee, step the other foot forward, and push hips forward gently.
- **Hamstring Stretch (Seated or Lying):** Extend one leg forward while seated or pull one leg toward you while lying on your back.
- **Quad Stretch (Standing):** Stand, hold a wall for balance, and pull one heel toward your buttocks.
- **Calf Stretch (Wall):** Place hands on a wall, step one foot back, and press the heel to the floor.