



STRETCHING BAND

Stretching bands are lightweight and easily portable. You can stash them in your travel bag when travelling.

Stretching is an important part of the exercise regimen. It helps reduce the chance of injury and improves blood flow to the muscles. Stretching can relieve tension that builds up in your muscles throughout the day. It's important to remember to warm up first though, as stretching "cold" muscles can lead to injury.

Using the stretching band will provide a more quality stretching session.





BENEFITS

- Improves mobility and flexibility
- Prevents injury & helps you recover fast
- Removes lactic acid to aid recovery
- Improves range of motion
- Reduces scar tissue and adhesions
- Decreases risk of injury
- Improves quality of movement
- Reduces muscle soreness post workout
- Improves posture
- Improves athletic performance





GENERAL GUIDELINES

- Avoid over stretching and always get to the point of strain, not pain. **DO NOT OVER STRETCH.**
- Avoid if you recently fractured a bone, a sprain or a strain.
- Avoid if your joints lack stability.
- Avoid if you are experiencing sharp or acute pain with joints movement or muscle spasm.
- Avoid stretching in areas if you suspect or recently have had acute inflammatory around a joint.
- Always use correct technique.

If unsure of the above, check with your health practitioner first.





CAUTION:

You should discuss the suitability of these exercises with your Doctor or Physiotherapist before starting. Generally, such exercises should only be performed provided they do not cause or increase pain.





PERONEALS

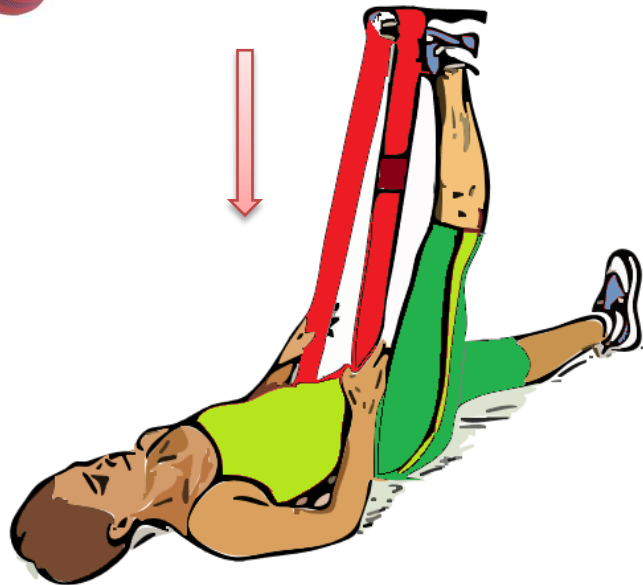


Lie on the ground by looping the stretching band around your hips and move its other end around your right foot.

Keep your left leg on the ground straight, while you raise your right leg straight up to as much as you are comfortable with. Tilt your right leg 45 degrees to the left. Roll your right foot inwards to feel your stretch. Hold the stretch and gently pull the left side of the band to give a better stretch. You should feel it in the outside of your lower leg.

Hold the stretch for 25 – 30 seconds. Repeat on other side.

STRETCHING BAND EXERCISES



CALF

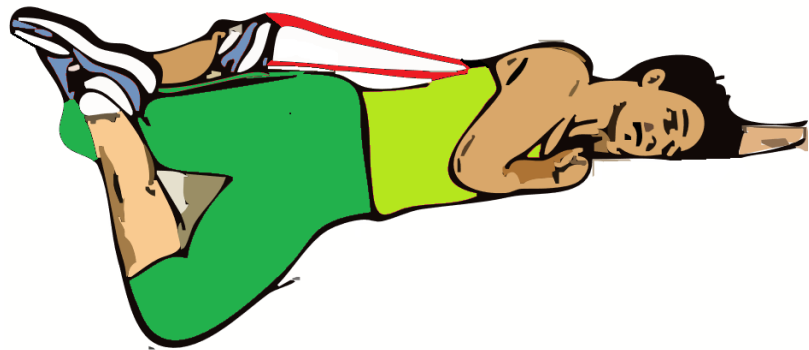


Lie on the ground by looping the stretching band around your hips and move its other end around your right foot.

Keep your left leg on the ground slightly bent, while you raise your right leg straight up to as much as you are comfortable with. Pull down your toes with the stretching band with the help of both your hands, while stretching out your upper calf and back of your knees.

Hold the stretch for 25 – 30 seconds. Repeat on other side.

STRETCHING BAND EXERCISES



ITB



Lie on your side on the ground. Loop the stretching band around your right foot, bring its other end towards your left shoulder, while holding it with your right hand. Keep your left arm straight on the ground.

Using the stretching band pull your right ankle to your right buttock. Slowly bring your left knee forward, cross your leg and place your left ankle on your right knee.

Slowly apply pressure with your left ankle bringing your outside right leg to stretch downwards, simultaneously pulling the band more slowly.

Hold the stretch for 25 – 30 seconds. Repeat on other side.

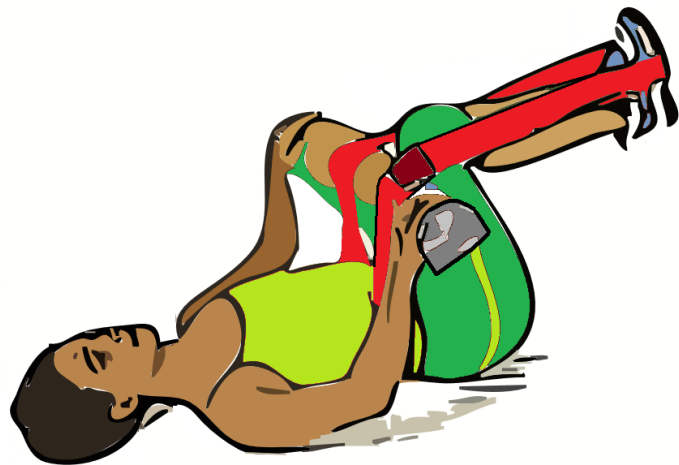


HAMSTRINGS

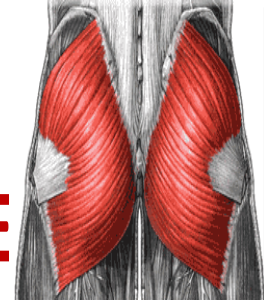
Lie on the ground by looping the stretching band around your hips and move its other end around your right foot.

Keep your left leg on the ground slightly bent, while you raise your right leg straight up to as much as you are comfortable with. Hold the stretch and gently pull your right leg towards you. You can use your hands and pull the stretching band towards you, while stretching out your hamstrings.

Hold the stretch for 25 – 30 seconds. Repeat on other side.



GLUTEUS MUSCLE



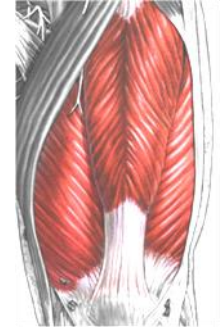
Lie on the ground by looping the stretching band around your hips and move its other end around your right foot and raise your right leg straight in the air. Cross your left leg on top of your right leg, while slipping your left leg under the stretching band (As shown in the picture). Now bend your right knee down (As shown in the picture).

With your left hand you can support your left knee and slowly bring your right knee towards your head. Once you feel the tension hold the stretch that you feel in your left gluteus.

Hold the stretch for 25 – 30 seconds. Repeat on other side.



QUADRICEPS



Kneel down on the floor like you would do a lunge stretch. Have your right knee on the floor (you may put a pillow or a towel under it) and your left foot on the ground.

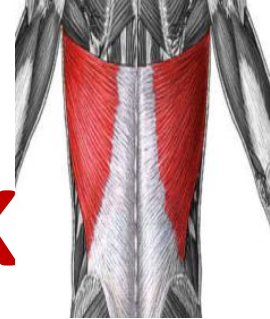
Place the stretching band around your right foot (As shown in the picture). Bring the other end of the stretching band over your right shoulder and hold it with your right hand.

Slowly pull down the band which will slowly bring your ankle closer to your gluteus. Once you feel the tension hold the stretch and you shall feel it in your Quads.

Hold the stretch for 25 – 30 seconds. Repeat on other side.



LAT'S & TRUNK



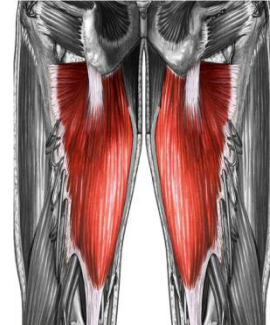
Sit on the ground by looping the stretching band around your hips and move its other end around your right foot by keeping your right leg straight. Bring your left heel towards your adductors (As shown in the picture).

With your right hand lean towards your right toes and if possible, grab them and hold. Keep your left arm above your head and lean it towards your right foot. Once you feel the tension hold the stretch and you shall feel it in your waist and Lat's.

Hold the stretch for 25 – 30 seconds. Repeat on other side.



ADDUCTORS

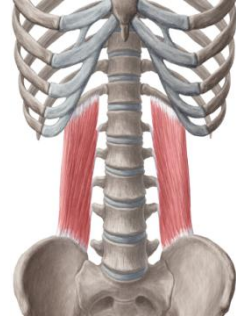


Lie on the ground by looping the stretching band around your hips and move its other end around your right foot.

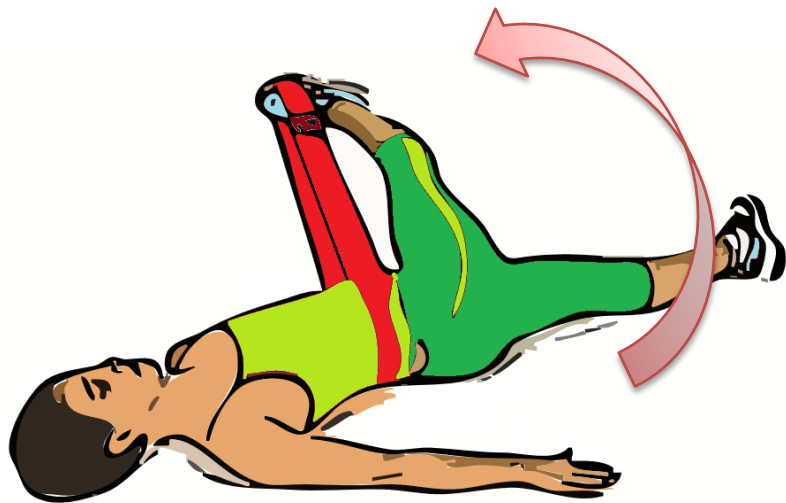
Keep your left leg on the ground straight, while you bring your right foot away from your body by keeping it straight. Keep your right leg as close to the floor as possible. While holding the stretch, you shall feel it in your adductors.

Hold the stretch for 25 – 30 seconds. Repeat on other side.

Advance : You can pull the stretching band up with your right hand to give you more of a stretch. However, do it slowly and cautiously.



LOWER BACK



Lie on the ground by looping the stretching band around your hips and move its other end around your right foot.

Keep your left leg on the ground straight, while you bring your right foot across your body, towards your left. Keep your right leg straight and bring it as close to the floor as possible. While holding the stretch, you shall feel it in your lower back, hips and gluteus.

Make sure you keep your right arm and shoulder on the floor the whole time. Hold the stretch for 25 – 30 seconds. Repeat on other side.

Advance : You can pull the stretching band up with your left hand to give you more of a stretch. However, do it slowly and cautiously.