Stretching program

Be flexible - stay healthy - be prepared to train & win

Stretching is a form of physical exercise in which a specific muscle, tendon or muscle group is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion.
Neck

Step 1-2
- stretch your spine
- turn your head in a 45 degrees-angle to the right side
- put your left hand on the right site of your head
- pull down the right elbow and shoulder (max)
- pull down the head for 30 sec in direction left-down
- push your head with pressure against the left hand (head may not move)
- stop the pressure and continue to pull down the head for 30 sec in direction left-down
- repeat 2 times

Step 3
- let the hand go and push the head towards left-down for 10 sec
Cervical spine

Step 1-2
- stretch your thoracic spine
- grasp the top of your head with the fingertips
- push the middle of the neck back and slowly pull your head down (30 sec)
- press the head against your fingertips (10 sec)
- stop the pressure and the head push down again
- repeat twice

Step 3
- let the fingers go and push the head down for 10 sec
- lean with your back on a wall
- bend your chin towards your throat/chest for 10 sec
Rotation

Step 1-2
- take a shoulder width position with parallel feet, the knees stretched, rotate the body, stretch the left arm to the wall and rotate your head with the right hand to the right (30 sec)
- tighten your body and head against the holding hands, rotate your body and pelvis to the other (left) direction (10 sec)
- push the hips and head again to the right (20 sec)
- repeat twice

Step 3
- remove your hands from the wall
- move the hips and head to the right for 10 sec
Spinal column

Step 1-2
- place your feet against each other and lean forward, grab your toes and the top of your head
- increase the stretch within 30 sec all the time
- pull your head and pelvis against your hands back-/upwards (head may not move)
- stop the pressure and repeat the original stretch for 20 sec
- repeat twice

Step 3
- let it go and pull the pelvis and head for 10 sec as far as possible forward
Stomach

Step 1-2
- go on your hands and knees, put the outward-facing hands so far forward so that your hips are „hanging“
- let the hips sink for 30 sec
- push your knees against the ground for 10 sec (hips may not move)
- stop the pressure and let the hips sink for 20 sec
- repeat twice

Step 3
- lay down on your stomach, bend your elbows and pull up your hands, rise your pelvis (10 sec)
Step 1-2
- bend your right foot in front of you in a 90 degrees-angle and lean forward towards your leg, the left foot is on the instep
- turn the hip and pelvis to the left in direction of the heel of the right foot
- push your right foot and the left knee against the ground for 10 sec (body may not move)
- stop for 20 sec and continue by pushing the hips and pelvis towards the right heel again
- repeat twice

Step 3
- lay down on your back, pull your right knee up to the right shoulder and the right foot turns to the left shoulder
**Quadrizeps**

**EngpassDehnung**

**Step 1-2**
- lay down on your stomach, the forehead on the ground
- push the hips against the ground and pull the right foot back to your body (tight)
- increase the stretch slowly (30 sec)
- push the hips against the ground while bending the right leg against this direction for 10 sec (leg may not move)
- stop the pressure and pull the right foot to your body again for 20 sec
- repeat twice

**Step 3**
- let your foot go and then pull the foot again for 10 sec against your butt while pushing the hips against the ground
**Shoulder /Back**

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**Step 1-2**
- go on your hands and knees, stretch out the arms, the thumbs should touch each other, and walk forward until you can pull your chest towards your knees
- push your stretched arms against the ground for 10 sec (you may not bend your arms)
- stop the pressure and pull your chest more in direction of the knees (20 sec)
- repeat twice

**Step 3**
- pull off your hands from the ground, get on your knees and pull your arms up as far as possible (10 sec)
Upper chest

Step 1-2
- lay down on your stomach and put the right arm in 45 degrees-angle over the shoulder line
- place the left arm next to your body
- place your left knee in an angle and rotate your hips to the left for 30 sec (shoulder may stay on the ground)
- push your right arm against the ground for 10 sec (shoulder may not move up)
- stop pushing and continue rotating your hips to the left for 20 sec
- repeat twice

Step 3
- lay down on your stomach, forehead on the ground
- stretch out both arms in a 45 degrees-angle for 10 sec
Hand stretch II

Step 1-2
- rotate the right hand back and put it on a table in front of the right leg so that all fingers point to your leg
- move the hips more and more back (the hand may not move)
- push the hand and fingers against the table (the shoulder may not move)
- stop the pressure slowly and repeat it by moving the hip back for 20 sec
- repeat twice

Step 3
- stretch the right arm out and rotate it, pull the hand and fingertips to your elbow for 10 sec
Hand stretch

Step 1-2
- bend the wrist, place the thumb in the hand, rotate inward
- hold the fist with your left hand tight together
- increase the pressure against the table/ground within 30 sec
- push with the right hand against the table in same the position where you want to stretch the hand
- repeat twice

Step 3
- stretch the right arm with a closed fist and push in the direction of your elbow (10 sec)
**Back shoulder**

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**Step 1-2**
- lay down on the right side and turn the hand laying on the ground
- rotate slowly towards your stomach for 30 sec (the left shoulder gets closer to the right arm)
- push your right elbow against the ground, the body position may not move
- stop the pressure and let the body sink on your arm for 20 sec

**Step 3**
- lay down on your back
- cross your arms in the other direction as much as possible for 10 sec (the right arm on top)
Arms

Step 1-2
- lay down on your stomach, the right arm along the right bodyline, push the axillary to the ground (the hand on the shoulder as far as possible)
- push your right arm with the fingers of your left hand to your shoulder (30 sec)
- stop the pressure
- push the axillary and the arm further down
- repeat twice

Step 3
- stand up, stretch your arm, move your hand to your shoulder with pressure for 10 sec
Front shoulder / arm

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Step 1-2
- sit down, stretch the arms back
- fix the distance
- „walk“ with the hips forward for 30 sec as far as possible
- push the hands with pressure against the ground (the elbows must be stretched out)
- the shoulders should remain in position
- stop the pressure and slowly “walk” forward for 20 sec

Step 3
- sit up straight, lift the hands from the ground, stretch the arms back without touching the ground for 10 sec
**Outer leg / pelvis**

**Step 1-2**
- stay on your left foot
- the right foot goes behind the left foot as far as possible
- move the hips in the same direction for 30 sec, your arm goes over the head to the left
- push the right feet with pressure to the right against the ground
- stop the pressure and move the hips back to the normal position for 20 sec, the arm continues to go over the head to the left
- repeat twice

**Step 3**
- move the right foot up and as far as possible to the left for 10 sec
Rear tigh

Step 1-2
- sit down, stretch your right leg, pull the right toes towards your knee
- lean towards the left leg and pull yourself with the left foot as far forward as possible for 30 sec
- grab your right foot
- push your knee and heel with all your power against the ground, the foot facing forward and push the pelvis back, your body may not move
- stop the pressure, push forward for 20 sec with pulling your foot in direction of the knee
- repeat twice

Step 3
- lay down on the ground
- stretch the right leg up as high as you can (the left leg has to stay on the ground)
- pull the toes to your knee
Calf

Step 1-2
- place your right foot (heel on the floor) shoulder-width 2 steps back (feet are still facing forward)
- bend your left knee forward-down (slowly) for 30 sec (right knee must be stretched out completely)
- push your right foot with all your power against the ground (10 sec)
- stop the power (right foot) and bend your left knee again for 20 sec to stretch more
- repeat twice

Step 3
- normal standing-position, right foot on heel, push the right toes towards your right knee for 10 sec with full power
**Inner thigh**

**Engpass Dehnung**

**Step 1-2**
- hands and knees on the ground
- elongate the elbows and the hands are facing away from the body parallel to your shoulders
- stretch your knees 90 degrees and place your feet against each other
- let your hips (or pelvic) sink down slowly for 30 sec

**Step 3**
- push your knees against the ground with as much pressure as possible (10 sec)
- do not move your hips (pelvic)