

Daily Workout

STRETCHING

Quads, Hamstrings, Calves

Stretching Essentials

Before you plunge into stretching, make sure you do it safely and effectively. Be sure to use proper technique. Stretching incorrectly can actually do more harm than good. Use these tips to keep stretching safe:

- Warm up. Do not stretch cold muscles. Warm up with light walking, jogging or biking at low intensity for five to 10 minutes. Or, perform movements similar to those in your sport or physical activity at a low level.
- Don't bounce. Stretch in a smooth movement. Bouncing as you stretch can injure your muscles and contribute to muscle tightness.
- Hold your stretch. Breathe normally, and **hold each stretch for approximately 30 seconds; in problem areas, you may need to hold for approx. 60 seconds.**

Exercise Caution

If you have a chronic condition or have experienced an injury or joint replacement, you might need to adjust your stretching techniques. If you already have a strained muscle, stretching it may cause further harm. Talk to your physician or physical therapist about the most appropriate way to stretch if you have any health concerns.

Perform each stretch three times:

Quads



Calves



Hamstrings

