

STOP CONFUSION OVER STRETCHING



CONFUSED OF HOW TO STRETCH?

WHY STRETCH?

Stretching keeps the muscles flexible, strong and healthy. We need the flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. This can lead to joint pain, strains and muscle damage.

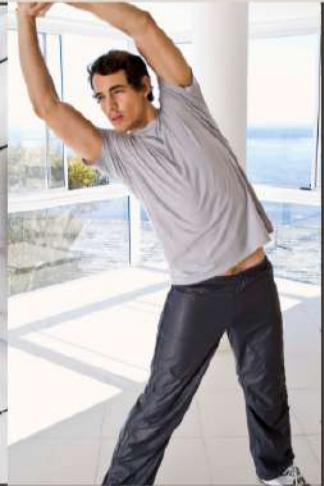


JOESPH PILATES

'YOU ARE
ONLY AS
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FLEXIBLE

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TYPES OF STRETCHING



STATIC

Extending the targeted muscle group to its maximal point and holding for 30 seconds. Static stretching is best done after your workouts.



DYNAMIC

The continuous movement patterns that mimic the sport to be performed. It is good way to warm up for your sport.



ACTIVE

Hold the stretched position with the opposing muscle group. This stretch technique is held for only two seconds at a time and repeatedly for several repetitions.

TYPES OF STRETCHING



BALLISTIC

Repeated bouncing movement to stretch the targeted muscle group. Not recommended for flexibility improvement.



MYOFASCIAL

This type of stretch uses a foam roller or similar device to release tension in the deep tissue and underlying muscle. Back-and-forth movements are used over the tense area. This is for muscle release as opposed to a stretch.



PNF – PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION

This stretch uses receptors to improve the nerves & muscles response in the body. A Contract-Hold relax method is used. This method of stretching can see great gains in your flexibility.

WHERE TO START...

With a body full of muscles, the idea of daily stretching may seem overwhelming!

- Start progressively and consistently, don't expect miracles, stick with it – it's worth the effort!
- Start with an overall body stretch to reduce overall muscle tension
- Use the different types of stretches at the appropriate times



HOW TO STRETCH PROPERLY

1

WHEN

Stretch periodically during the day
Develop a dedicated stretch routine 2-3 times a week

2

HOW LONG

Stretch 20-30 seconds
2- 3 Times a week
For 10 -15 minutes

3

SEQUENCE

Start with an overall routine, then rotate amongst specific muscle groups

4

POSTURE

Correct alignment while you stretch ensures imbalances in muscles are evened out

AN OVERALL ROUTINE



FEET AND SHOULDERS



HIP FLEXORS / QUADRICEPS



PRIFORMIS / BUTTOCKS

A whole body stretch

AN OVERALL ROUTINE



ADDUCTORS AND BACK



HAMSTRINGS AND LUMBAR



BACK EXTENSION

A whole body stretch

POINTS TO REMEMBER



- Know your limits
- Don't stretch an injury
- Dynamic stretching as warm up
- Static stretching after your work out
- PNF stretching for improved flexibility
- Stretch all the major muscle groups with different stretches
- Don't hold your breath when stretching
- Be consistent for best results

STAY CONNECTED

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