



# BAND STRETCHING GUIDELINES



**Ham Stretch:** Lie on your back, keep the non-stretched leg flat on the ground or bent. As you stretch the hammy, contract your quad, hold for 5 seconds and release, repeat 10 times. Keep foot dorsiflexed to get calf stretch too

**Hip Stretch:** This mostly stretches the internal rotators of the hip. It also can stretch the glut max. Hold each stretch for about 5 seconds and release, repeat 10 times.



**IT Band:** Lie on your back, keep the non-stretched leg flat on the ground. Bring the opposite leg across your body keeping the leg straight.

**Quad Stretch:** Lay prone and pull heel towards glute. Contract glute on the stretched side to get a better stretch. Keep abdominals engaged and back flat.



**Quad/Hip Flexor Stretch:** From a lunge position, pull the heel on your back foot towards your glute. Contract your glute on that side to feel more of a stretch in your hip flexors. Lean forward a little bit but make sure to keep your abdominals tight. Hold for 5 seconds and then release. Repeat 10x.

**Shoulder Stretch:** From a standing position, externally rotate the top shoulder and internally rotate the lower shoulder. With the bottom hand pull the top hand down. Hold for 5 seconds and then release. Repeat 10x. You should feel this stretch in the top shoulder, tricep and lat. For more of a lat stretch lean to the opposite side of the arm on top.



**Lateral Trunk Flexion Stretch:** From a standing position, keep your abdominals tight as you lean to the side. Keep your arms stretched out over your Head. You should feel this stretch all along the opposite side of your body; lats, QL, and triceps.

**Seated Hurdler Stretch:** From a seated position bring one foot towards your knee and put the rope around the opposite foot. Dorsiflex that foot and keep your chest up as you lean forward. You should feel this in your calf and hamstrings of the straight leg. You should also feel this in the opposite hip.



**Thoracic Mobility:** Start from a standing position hold the rope behind your head. While facing forward, lean to one side and repeat 2x. Try to only bend your upper back. Repeat this by slightly rotating further each time. Repeat these reps until you can't rotate any further. You should feel this in you upper back (thoracic spine). Keep your abdominals tight.