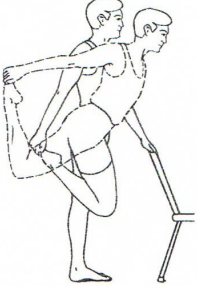
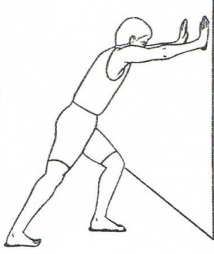
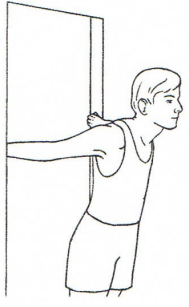


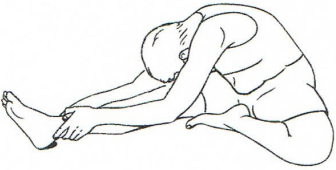

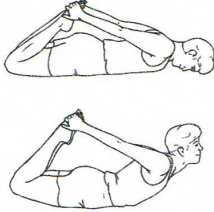
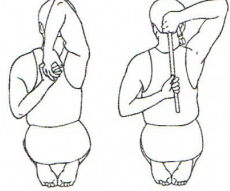


# Stretching for Swimmers

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach



<p>UPPER LEG - 6 Quadriceps</p>  <p>From starting position, raise leg until stretch is felt. Hold <u>30</u> seconds. Repeat with other leg.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>LOWER LEG - 8 Gastroc</p>  <p>Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold <u>30</u> seconds. Repeat with other leg.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>CHEST - 3 Pectorals</p>  <p>Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold <u>30</u> seconds.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>
<p>ARMS - 8 Triceps</p>  <p>Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold <u>30</u> seconds.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>LOWER LEG - 4 Ankle</p>  <p>Support one leg on the other and rotate that ankle clockwise, then counterclockwise, <u>10</u> revolutions. Repeat with other ankle.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>HAMSTRINGS - 3 Head to Knee</p>  <p>With hands on ankle, pull head toward knee and hold <u>30</u> seconds. Repeat with other leg.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>
<p>GROIN - 3 Thigh Adductors</p>  <p>Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold <u>30</u> seconds.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>CHEST AND ABDOMEN - 5 Abdominals and Pectorals</p>  <p>Grab both feet below ankles. Arch back and pull feet toward head until stretch is felt. Hold <u>15</u> seconds.</p> <p>Repeat <u>3</u> times. Do <u>1</u> sessions per day.</p>	<p>SHOULDERS - 2 Rotator Cuff / Extensors</p>  <p>Bring right hand behind head and down as far as possible. Reach up with left hand, palm facing out, and grasp right hand. Hold <u>30</u> seconds. May use belt as a beginner aid to help work hands closer together. Repeat with other side.</p> <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>

## Related documents / programs:

Workout resource page- [Free weight / Machines](#)

## Professional Services Available:

[Nutrition and Life Coaching](#) (local sessions and secure online video coaching)

## Related products:

[Oasis](#) - Helps bring balance back to your life through adaptogens

[JointPromotion](#) - Helps lubricate and protect joints. Contributes to mobility and flexibility

[Stretching strap](#) - Certain stretches will be made easier when utilizing a stretch strap

