

InstantStretch v3.1

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Warning

The stretching exercises presented in this routine are intended as an educational resource and are not intended as a substitute for proper medical advice. Please consult your physician, physical therapist or the person who gave you this routine before performing any of the stretching exercises described in this routine, particularly if you are pregnant, elderly or have any chronic or recurring muscle or joint pain. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

This is a personalized InstantStretch routine for General.

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|---------|-------|---------------------|--------------|
| Age: | | Fitness Level: | General |
| Gender: | Group | Max # of Stretches: | 9 |
| Height: | | Program Type: | Muscle Group |
| Weight: | | Routine for: | Lower Back |

Additional notes and comments for General

Instructions for General

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next page move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times. Where appropriate, stretches should be done on both sides.

Stretch #D07

Standing Knee-to-chest Stretch, is for the muscles of the Lower Back

While standing, use your hands to bring one knee into your chest.



Stretch #D09

Lying Double Knee-to-chest Stretch, is for the muscles of the Lower Back

Lie on your back and use your hands to bring both knees into your chest.



Stretch #D11

Kneeling Back-arch Stretch, is for the muscles of the Lower Back

Kneel on your hands and knees. Let your head fall forward and arch your back upwards.



Stretch #D15

Standing Reach-up Back Rotation Stretch, is for the muscles of the Lower Back

Stand with your feet shoulder width apart. Place your hands above your head while keeping your back and shoulders upright. Slowly rotate your back and shoulders to one side.



Stretch #D14

Standing Back Rotation Stretch, is for the muscles of the Lower Back

Stand with your feet shoulder width apart. Place your hands across your chest while keeping your back and shoulders upright. Slowly rotate your shoulders to one side.



Stretch #D12

Kneeling Back-slump Stretch, is for the muscles of the Lower Back

Kneel on your hands and knees. Look up and let your back slump downwards.



Stretch #D08

Lying Knee-to-chest Stretch, is for the muscles of the Lower Back

Lie on your back and keep one leg flat on the ground. Use your hands to bring your other knee into your chest.

