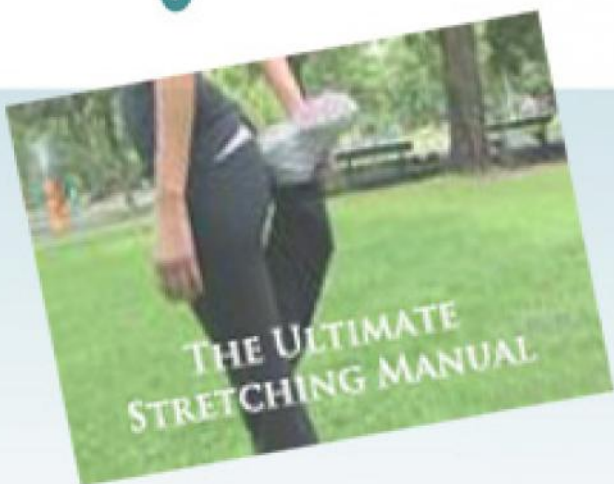


THE ULTIMATE STRETCHING MANUAL

The Ultimate Stretching Manual

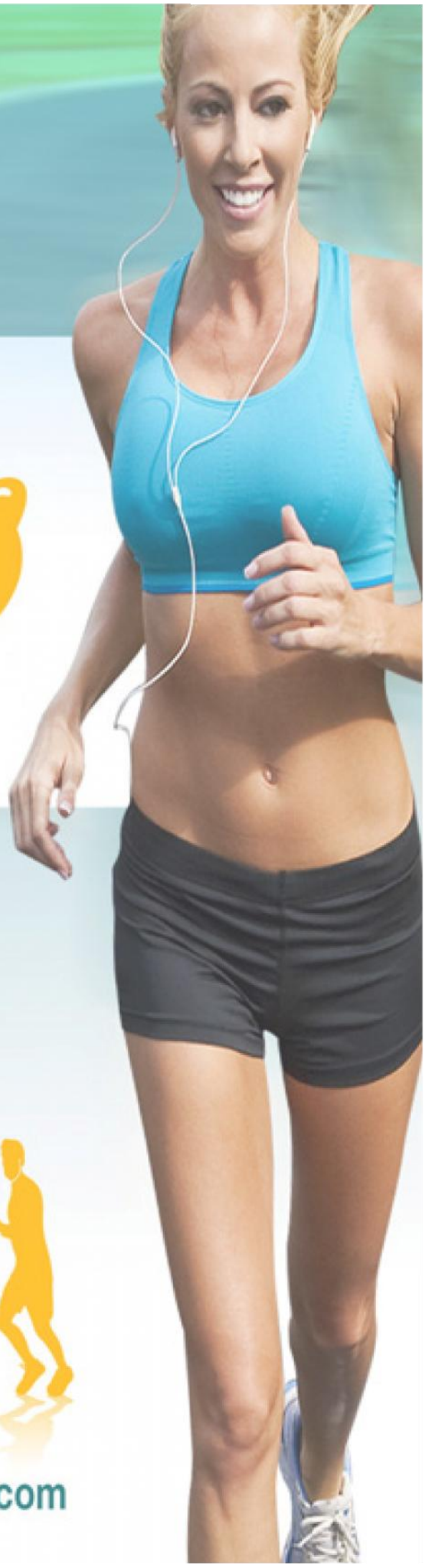
JogPods



THE ULTIMATE STRETCHING MANUAL



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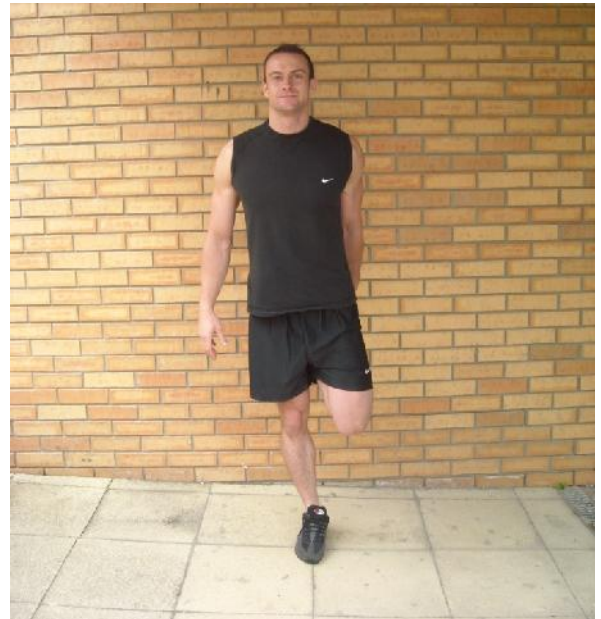


JogPods Stretch Manual

Guidelines

- Hold each stretch for 20-30 seconds.
- Don't bounce, ease into the stretch.
- Stretch to the point of mild tension, not to the point of pain.
- Do not hold your breath while you stretch.

1. Quadriceps Stretch



- 1) Grab hold of the foot and pull the foot up to the buttocks.
- 2) Keep the bent knee close to the opposite knee; do not allow the leg to flare out to the side.
- 3) Gently ease the hip forward to increase the stretch.
- 4) Repeat on both sides.



2. Calf Stretch



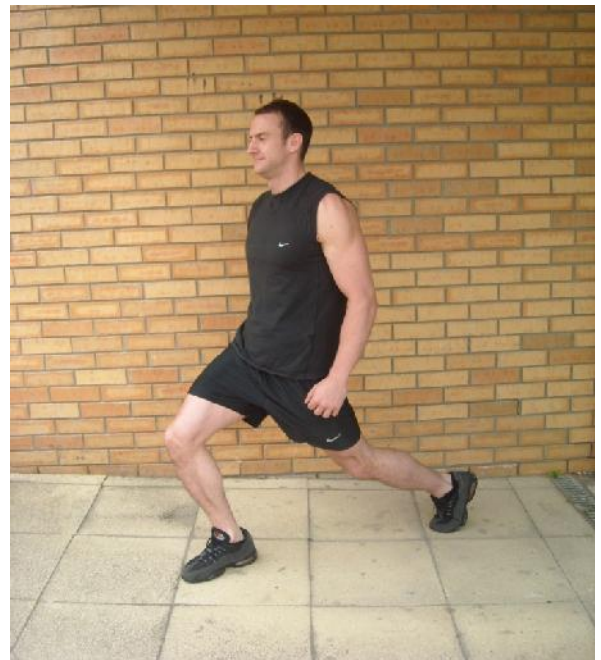
- 1) Take a stride forward with one leg.
- 2) Keeping both heels on the floor, bend the front leg, keeping the back leg straight.
- 3) Make sure the back heel remains on the floor.
- 4) Repeat on both sides.

3. Hamstrings Stretch



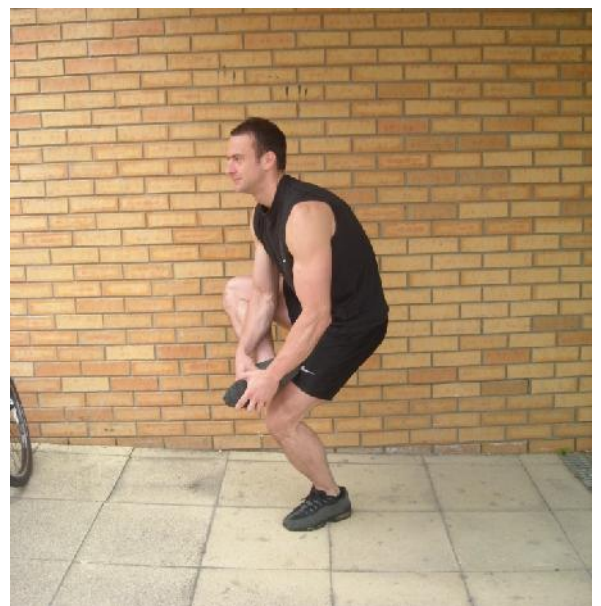
- 1) Cross one leg over the other leg.
- 2) Bend over and reach for your toes. Gradually bend further to the point of mild tension.
- 3) Repeat with the other leg behind.

4. Hip Flexor Stretch



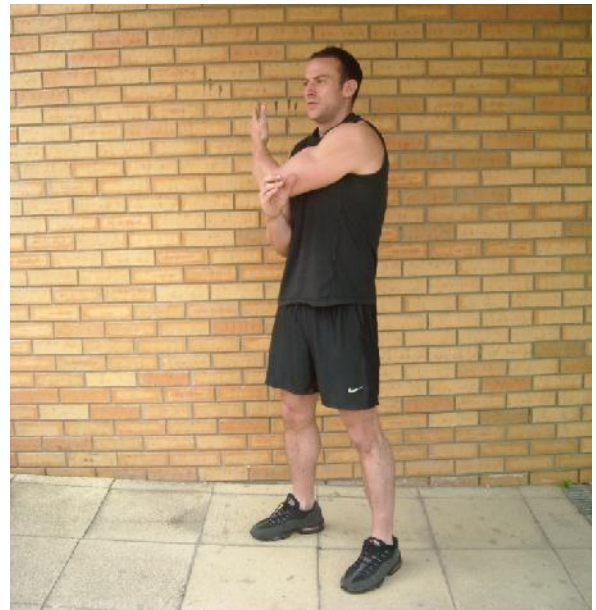
- 1) Take a stride forward with one leg.
- 2) Bend both knees, keeping the back heel off the floor.
- 3) Sink down into the stretch and gently push the hip forward.
- 4) Repeat on both sides.

5. Adductor Stretch



- 1) Place one foot on top of the opposite knee.
- 2) Sink down into the stretch, almost into a sitting position.
- 3) Repeat on both sides.

6. Shoulder Stretch



- 1) Take one arm across the body.
- 2) Gently stretch the arm across the body.
- 3) Repeat on both sides.

All these stretches should be completed during the allocated 5 minutes warm up/warm down at the start and end of each JogPod training session.

