

At-Home Stretching for Pole Flexibility Week 1

From Webster's II New College Dictionary:

Flexible- 1. Capable of being bent or flexed: pliable. 2. Susceptible to influence or persuasion: tractable. 3. Responsive to change: adaptable.

Flexibility- 1. Capable of withstanding stress without structural injury: Flexible, elastic, plastic, resilient, springy, supple.

Basic Types of Stretches

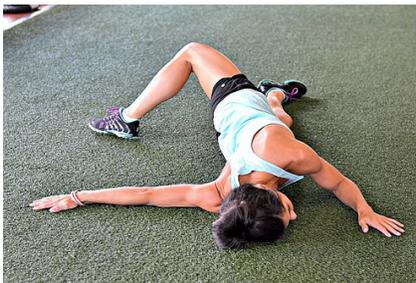
Static stretching consists of holding a joint in a stretched position for a length of time allowing the muscle to slowly adapt ("wait out the tension") to the new range of motion. This is a passive stretch in that the muscle is relaxed throughout the entire time. Best done at the end of a work out when your muscles are warm and joints are lubricated.

Dynamic stretching consists of moving the body through an increased range of motion using bodyweight movements like squats and lunges. By moving the body in multiple planes of motion, dynamic stretching helps prepare your body for a hard training session. Dynamic stretching is considered an active stretch since the muscle is contracting and relaxing. Best done before a work-out to help warm-up the body.

Ballistic stretching involves forcibly moving your body into a greater stretch usually by performing quick, powerful movements. A prime example would be bobbing up and down in an attempt to touch your toes. In general, this type of stretching increases chance of injury and does little to actually improve flexibility. Rather, it can cause muscles to tighten up significantly.

*There are various other advanced stretching techniques that combine elements of both passive stretching and active stretching, we will talk more about some of these techniques next week.

Week 1 Stretches



Shoulder Stretch:

Pec Roll- Lie on Belly, extend right arm out to a "T", place palm of left hand under left shoulder, use your left arm to press into the ground as you roll backwards over right shoulder. Left leg can also be used to help encourage the stretch. Turn your head to the left. Repeat on second side. Repeat stretch two more times with straight arm a few inches higher (2 o'clock) and a few inches lower (4 o'clock).



Back Stretch:

Camel at the Wall- stand on your knees in front of a wall. Allow your thighs, hips, chest and nose to touch the wall. Knees and feet hip distance apart. With both palms pressing into your low back for support, begin to lift your sternum and then arch your upper back as you keep your hip bones on the wall. Tailbone reaches for the floor. For a bigger stretch: at the same time, reach both hands back and place them on your heels or blocks placed next to your heels, for support. Move in and out of the stretch several times before trying to take this to your edge.



Side Splits Stretch:

Pigeon- Front knee bent about 90 degrees, foot flexed. Back leg extends long behind you, with the belly of the thigh, shin and top of foot pressing into the floor. Hips square. Use your arms for support or forward fold over front leg. Use a prop under the back leg for support if necessary. After spending some time in this stretch with the chest lifted, you can offer the option to fold forward.



Middle Splits Stretch:

Frog Stretch- From table top, take your knees as wide as they will go, keeping them in line with your hips, knees bent to 90 degrees, ankles engaged. You may lower onto forearms for support or all the way down to your chest. Keep your abdomen lifted.

Week 1 Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Shoulders <small>(Left Side) (Right Side)</small>							
Back							
Side Splits <small>(Left Side) (Right Side)</small>							
Middle Splits							