

Stretching for Pole Flexibility Week 3

Tips to improve Flexibility

- 1) Stay Hydrated- Water forms a large part of our muscle composition. In order for our muscles to respond to flexibility training, they have to be working optimally. That includes proper hydration. Many individuals are walking around in a constantly dehydrated state. Focus on consuming more water, especially during and after hard exercise sessions to keep your muscles working optimally and steer clear of performance declines due to hydration.
- 2) Breathe Properly- Typically we use our rib cage far too much to breath, which doesn't engage the diaphragm optimally. Instead focus on belly breaths where the belly button moves in and out with each breath. Take full, deep breaths, and use your minds eye to help send your breath into the areas of tightness and tension.
- 3) Incorporate Massage- Massage adds an extra benefit of helping to break up knots in muscles and tissues that restrict movement. Foam rolling pre-workout can help to prepare the body for movement whereas a post-workout roll out can flush away waste products from exercise and help you recover quicker for your next session. If possible, work with a skilled massage therapist a few times a month to compliment your flexibility routine and get some extra relief.
- 4) Relax- Stress causes your body to tighten up into one huge ball of knots. Combine the normal stress from work and family with a challenging pole class or intense workout at the gym, and you're looking at a recipe for disaster. Find a few times a week to engage in a relaxing activity to help you unwind. Walking, light yoga, and massage are all great examples, but it could be as simple as heading out on a short walk to unwind from your day. Taking time to de-stress will help to relax your body and prevent muscles from tensing up and restricting movement.
- 5) Consistency- Yoga Sutra 2.46- Practice becomes firmly grounded when well attended to for a long time, with out break, and in all earnestness.

Week 3 Stretches



Shoulder Stretch:

Cow Face Arms- Take both arms out to a "T". Move your right arm up as you lower your left arm down. Bend both elbows and grasp fingertips. Use a strap if necessary to connect your hands. Keep your chin parallel to the ground, lift your chest as your draw your low ribs in. Repeat on second side.



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Back Stretch:

Bridge Pose- Knees and feet hips distance apart, knees over ankles, arms pressing into the ground down by your sides. Tilt hips towards your shoulders then begin to lift hips up into the air. Move in and out of the stretch several times before trying to take this to your edge.



Side Splits Stretch:

Supine Splits- Laying long on your back, bring your left leg up into the air use your arms (or a strap) to help pull your leg in closer to your torso. Keep head, shoulders and both buttocks flat on the floor, and both legs straight. When you have reached your edge, point and flex both feet (flossing technique). Or you can use resistance and press your elevated leg away from you. (Isometric technique). Repeat on 2nd side.



Middle Splits Stretch:

Half Straddle- Sit tall in a half straddle, right leg extended, left knee bent. Reach both arms up into the air to help elongate your spine. Tuck your right arm under you as you bend sideways reaching your left arm towards your right toes. Keep your left hip grounded. Try to keep your chest broad and lifting up. Repeat on 2nd side.

Week 3 Chart

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