



# LOWER BODY STRETCH GUIDE

## Guidelines to Follow

1. The goal is for all MECA clients to achieve level 3 standards on these stretches.
2. The stretch should always be easy and never painful. You should be able to hold a casual conversation while stretching.
3. If the stretch becomes too intense, back out and move onto the next stretch.

## 90/90 STRETCH

**Setup:** Both knees are laid out on the floor

- Level 1: Nose to knee
- Level 2: Nose to shin
- Level 3: Nose to foot

Hold the stretch for 3 sets of 1 minute holds



## COUCH STRETCH

**Setup:** Top of back foot rests on couch or wall. Back knee rests on ground under hip.

- Front knee at 90 degree angle
- Level 1: Using couch, with torso vertical, touch butt to heel of foot
- Level 2: Using wall, back foot is on the wall and is vertical
- Level 3: Using wall, back knee against wall, butt is touching heel, shoulders on wall

Hold the stretch for 3 sets of 1 minute holds



## PANCAKE STRETCH

**Setup:** Both knees are laid out on the floor

- Level 1: Elbows to floor between legs
- Level 2: Chest to floor between legs
- Level 3: Chest and arms laid on floor

Hold the stretch for 3 sets of 1 minute holds



## PIKE STRETCH

**Setup:** Feet together, knees locked, reach down your toes.

- Level 1: Finger tips to toes
- Level 2: Palms held on the floor
- Level 3: Standing on 2' riser, Palms held on floor

Hold the stretch for 3 sets of 1 minute holds



## FROG STRETCH

**Setup:** Knees on the floor, spread out wider than shoulders with feet resting outside knees.

- Level 1: Get into position with both heels down
- Level 2: Triceps all the way on the floor
- Level 3: Belly button to floor

Hold the stretch for 3 sets of 1 minute holds



**\*\*Follow the stretches listed above in a circuit. 3 sets of each stretch, held for 1 minute each (side)\*\***

# UPPER BODY STRETCH GUIDE

## DOORWAY STRETCH

- Position yourself in a doorway or rack with the upper arm slightly below parallel to the floor
- Keep the elbow bent at 90° pressing the heel of the hand slightly into the doorway or rack
- Retract and depress the scapula of the arm being stretched and maintain this position throughout the stretch
- Use a staggered stance with the leg on the same side as the arm being stretched back
- Rotate the torso slightly away from the arm being stretched to maximize the stretch on the pectoral

Hold the stretch for 2 sets of 1 minute holds



## LAT STRETCH

- Stand facing a sturdy object such as a power rack
- Use a wide stance for a broad base of support
- Hinge forward from the hips keeping the back flat
- Firmly anchor yourself to the rack with the arm reaching forward
- Sink your hips back to pre-stretch the lat
- Rotate the torso and hips slightly away from the arm anchored to the rack to maximize the stretch on the lat

Hold the stretch for 2 sets of 1 minute holds



## POSTERIOR SHOULDER STRETCH

- Stand sideways to a sturdy object such as a power rack
- Use a wide stance for a broad base of support
- Reach across the chest with the arm furthest from the rack holding onto the rack firmly
- Lean away from the arm anchored to the rack to stretch the posterior shoulder, mid / upper back
- Rotate the torso and hips slightly away from the arm anchored to the rack to maximize the stretch on the lat

Hold the stretch for 2 sets of 1 minute holds



## CHILD'S POSES

- Begin on your knees with the tops of the feet on the floor
- Push your hips back so the buttocks is on the heels
- Lean forward keeping the forearms on the floor
- Lower your chest toward the floor extending the arms further away from you as the chest gets closer to the floor
- Walk your hands to one side to stretch the latissimus on the opposite side; repeat on the opposite

Hold the stretch for 2 sets of 1 minute holds

