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warming up, or after exercise, when muscles are warm.

Repeat each stretch 2 to 3 times, working both sides of the body equally. Hold each stretch for 10 to 30 seconds. Do not stretch to the point of pain. Breathe freely while stretching. Do not bounce. 1. Neck side flexion.

**Stretching: an
illustrated guide -**

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myDr.com.au

Stretching can increase flexibility and improve your joints' range of motion, helping you move more freely. And ensuring that you have equal flexibility on both sides might help protect you from injury. Before stretching, warm up with five to 10 minutes of light activity. Better yet, stretch after a workout. Keep stretches gentle and slow. Don't

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bounce.

Training

Slide show: A guide to basic stretches - Mayo Clinic

Sit on the floor with your legs stretched out in front of you. Bend one leg in at the knee. Pull your abs in, then slowly bend forward from your hips towards the foot of your straight leg until you feel a slight stretch. Hold for 30 to 45 seconds, then repeat

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on the other side.

10 Essential Stretches for Athletes - 12 Minute Athlete

This online publication
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Equipment can be one
of the options to
accompany you in
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These slow, dynamic
stretches can increase
range of motion and
flexibility when it
comes to strength

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training exercises, he says. "Generally speaking, if you do four to six weeks of consistent stretching, you'll see a change in your flexibility and mobility," says Brannigan.

Best Stretches for Strength Training | Livestrong.com

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SOURCES: Samuel, M.
The Journal of Strength
and Conditioning
Research, September
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Medicine & Science in
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August 2008; vol 40:
pp 1529-1537 ...

Proper Stretching Techniques;

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Warming Up, Dynamic ...

So, if you can hold a particular stretch for 15 seconds, repeating it three more times would be ideal. If you can hold the stretch for 20 seconds, two more repetitions would do the trick. To learn more about improving your flexibility, read *Stretching*, a Special Health Report from Harvard Medical School.

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The ideal stretching routine - Harvard Health

The Beginner's Guide
to Mobility & Stretching
If the muscle can
handle a greater load
without harming itself,
it will be able to lift
more long-term By
Matthew Evans

The beginner's guide to mobility & stretching

Stretching done before

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sports or other fitness activities, as part of a warm-up, should be dynamic (moving), not static. Dynamic stretching can include repeated arm circles, leg swings, or torso twists. After sports or physical play, kids should do a cool-down routine that includes some stretching.

Stretching and Flexibility for Kids

There are two types of

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stretches – static and ballistic stretches.

Static Stretches – stretching when the position is held for a given amount of time, usually 15-30 seconds.

This stretch is most effective AFTER warming up (or dynamic stretching)

Active static stretch: the muscle being stretched does the work. Example: cobra and downward dog.

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MINDFUL STRETCHING - University Health Services

The American College of Sports Medicine (ACSM) has updated its position stand on the quantity and quality of exercise to maintain cardiorespiratory and muscular fitness. ...
Persons training at ...

ACSM Revises Guidelines for Exercise to Maintain

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Ads Sports **Fitness ...**

Kit Laughlin is the Founder of Stretch Therapy, and a world authority in stretching and strengthening techniques. He is the author of the best-selling books *Overcome Neck & Back Pain, Stretching & Flexibility, and Stretching & Pregnancy*. Kit has presented workshops to many thousands of individuals worldwide

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and is a strength and flexibility consultant to elite teams and athletes.

Workshops | Stretch Therapy

Strength training is the key to flexibility, mobility, improved performance and lower injury risk. And it doesn't have to take hours at the gym to see results. It'll take only nine minutes of ...

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The 9-Minute Strength Workout - Well ... - The New York Times

Relaxing the stretch,
and then stretching
again while exhaling.
This second stretch
should be deeper than
the first. 2. Contract-
relax. Another common
PNF technique is the
contract-relax stretch
...

PNF Stretching: Technique and

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Guidelines

Your shoulder's internal rotators are part of the group of muscles often used in overhead sports activities, such as a tennis serve or an overhead throw. To stretch these muscles: Grasp a rolled-up towel firmly with both hands, as shown. Gently pull the towel toward the ceiling with your top hand.

Slide show: A guide

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to basic stretches - Mayo Clinic

Overview. Stretching is a fundamental part of any workout programme and is essential for well-rounded fitness. On this course you'll build on the knowledge you gained from your personal trainer course and other fitness qualification(s) and explore advanced stretching techniques.

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