

**Module 2: Physical Training Fitness Principles**  
**Topic 5 Content: Stretching Examples Notes**

**Introduction**



**Stretching Examples**

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EDUCATION

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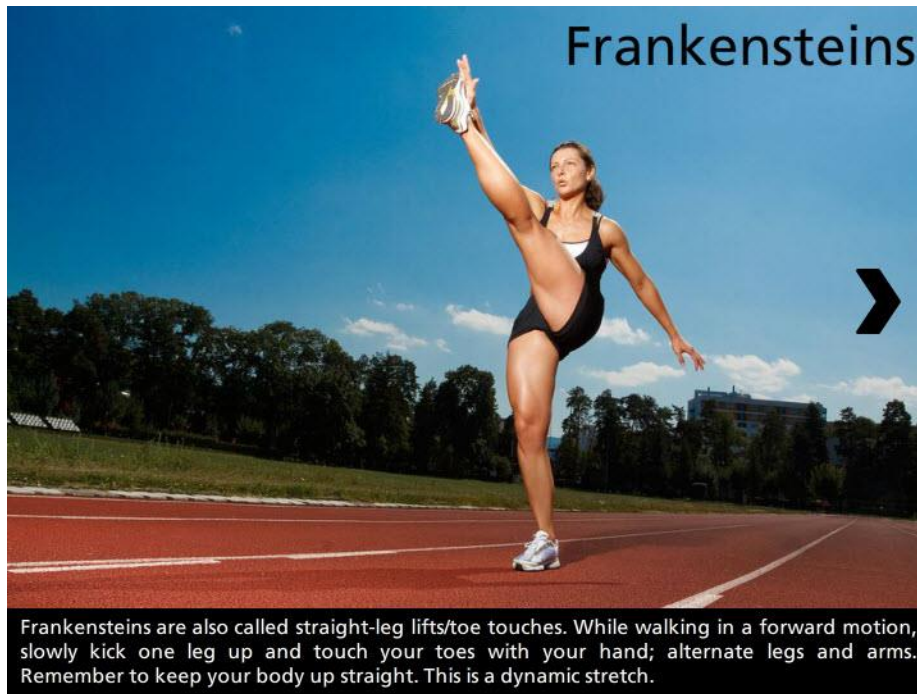
There are many stretches that you can complete in your flexibility routine. In this interactivity, explore a few stretches that can help you on your way to becoming more flexible. Click the arrows to navigate through this interactivity.

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## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Frankensteins



Frankensteins are also called straight-leg lifts/toe touches. While walking in a forward motion, slowly kick one leg up and touch your toes with your hand; alternate legs and arms. Remember to keep your body up body straight. This is a dynamic stretch.

## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Knee Hugs



To perform a knee hug, walk forward, slowly bring one knee up and pull it into your chest (almost like you are hugging your knee); alternate legs. This is a dynamic stretch.

## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Arm Circles

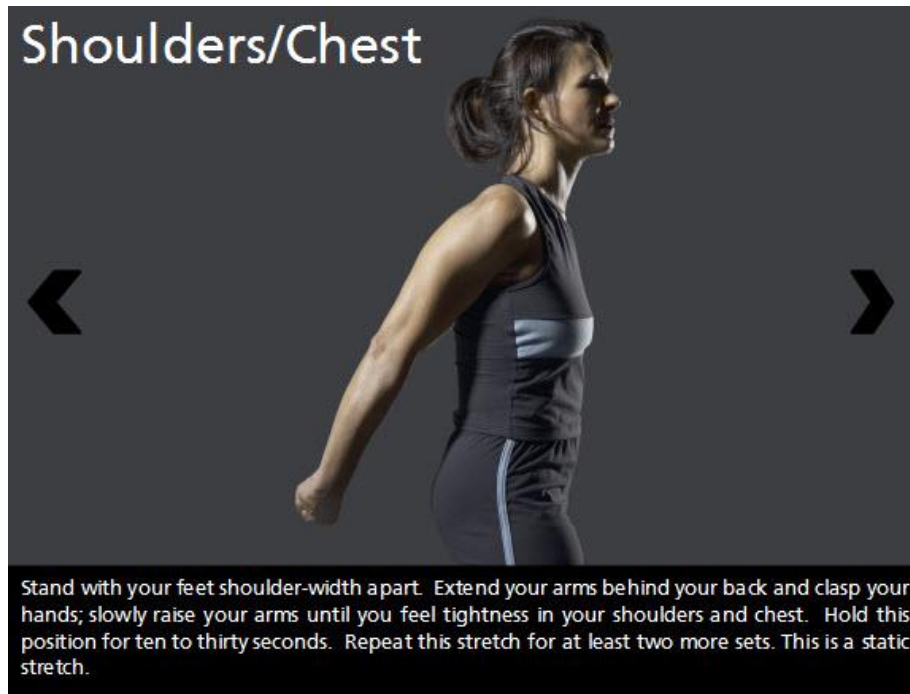


Hold your arms out to the side of your body and continuously swing them in circles for approximately thirty seconds; make sure your swinging motion is slow and controlled. This is a dynamic stretch.

## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Shoulders/Chest



Stand with your feet shoulder-width apart. Extend your arms behind your back and clasp your hands; slowly raise your arms until you feel tightness in your shoulders and chest. Hold this position for ten to thirty seconds. Repeat this stretch for at least two more sets. This is a static stretch.

## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Calve Muscles/Calves



On hands and knees, straighten your legs, but keep them slightly bent. Gently press one or both feet towards the floor, keeping your back flat and abs in. You can also perform the calf stretch like the runner shown in the image. This is a static stretch.

## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Quadriceps (Quads)



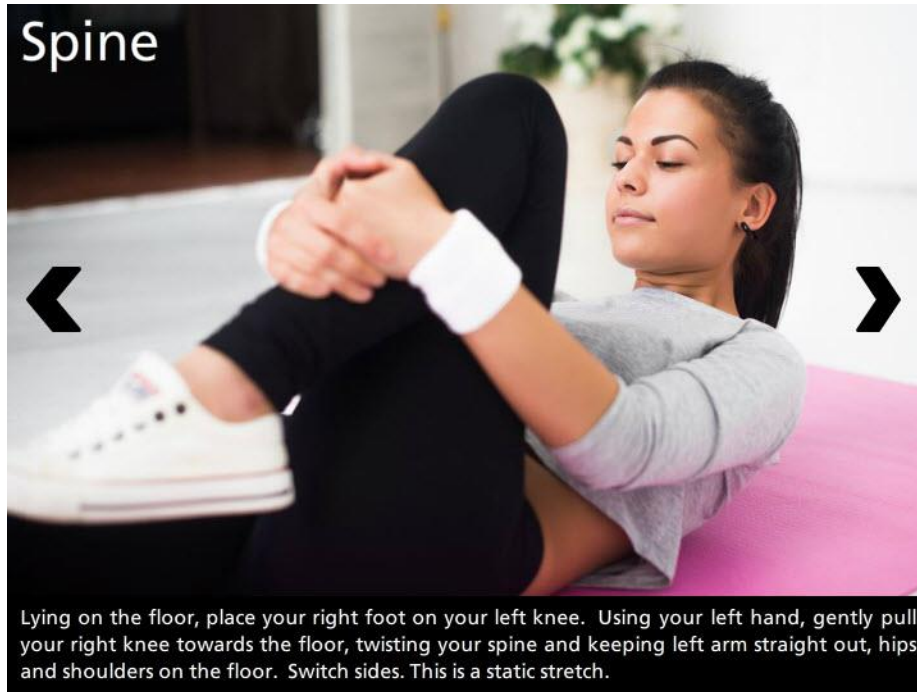
Lie down on your side using your elbow for balance. Using your other arm, slowly pull your foot towards your glutes, keeping both knees together and bent knee pointing down. Switch legs. You can also perform this stretch like the athlete in the image. This is a static stretch.

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## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Spine



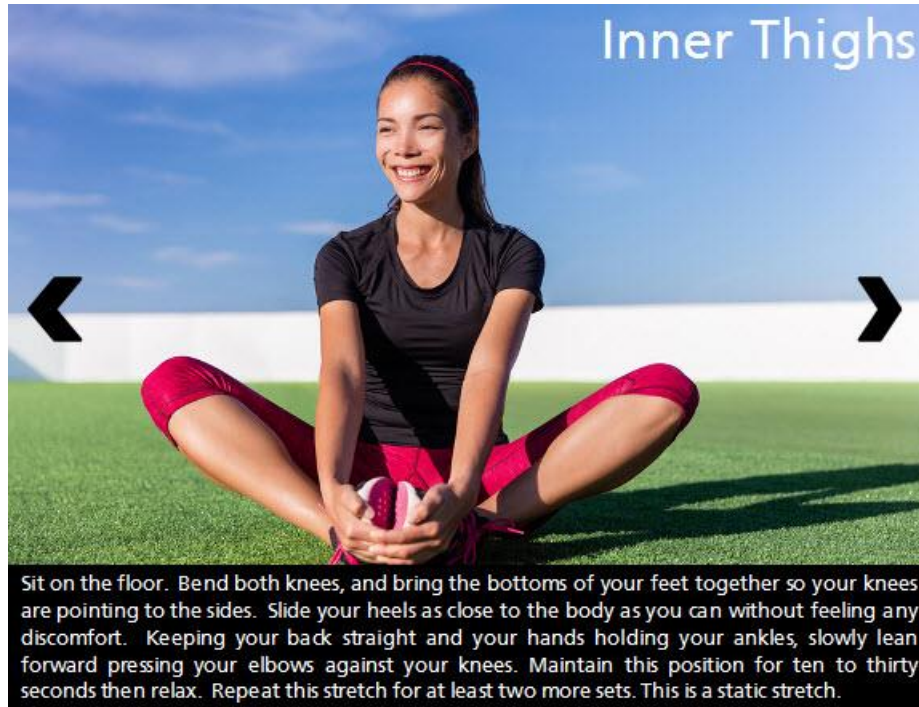
Lying on the floor, place your right foot on your left knee. Using your left hand, gently pull your right knee towards the floor, twisting your spine and keeping left arm straight out, hips and shoulders on the floor. Switch sides. This is a static stretch.



## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Inner Thighs



Sit on the floor. Bend both knees, and bring the bottoms of your feet together so your knees are pointing to the sides. Slide your heels as close to the body as you can without feeling any discomfort. Keeping your back straight and your hands holding your ankles, slowly lean forward pressing your elbows against your knees. Maintain this position for ten to thirty seconds then relax. Repeat this stretch for at least two more sets. This is a static stretch.

## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Hamstrings



Sit on the floor with your legs spread shoulder-width apart. Keeping your legs straight, slowly reach down as far as you can, trying to reach to or past your toes. When you feel a slight discomfort, hold that position for ten to thirty seconds, and then relax. Repeat this stretch at least two more sets. This is a static stretch.

## Module 2: Physical Training Fitness Principles

### Topic 5 Content: Stretching Examples Notes

#### Gluteal Muscles (Glutes)



Cross your left foot over your right knee. Using your opposite elbow, gently push your knee away from your body. Switch legs. This is a static stretch.