

# StretchRite<sup>®</sup>



1 Low Back/Hamstring Stretch



2 Hamstring Stretch



3 Ankle Stretch



4 Inner Thigh Stretch



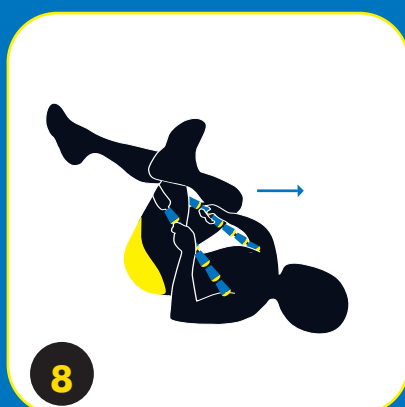
5 Hip/Hamstring Stretch



6 Calf Stretch



7 Shin Stretch



8 Buttocks Stretch



9 Low Back/Inner Thigh Stretch



10 Quadriceps Stretch



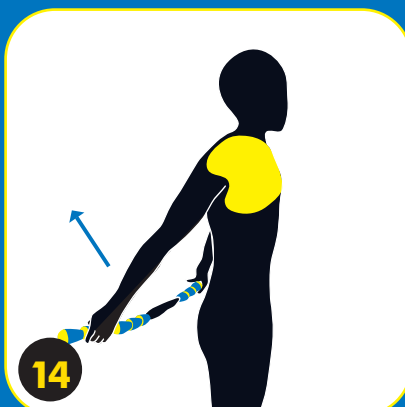
11 Hip/IT Band Stretch



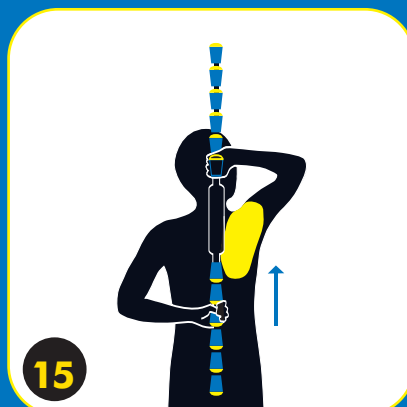
12 IT Band Stretch



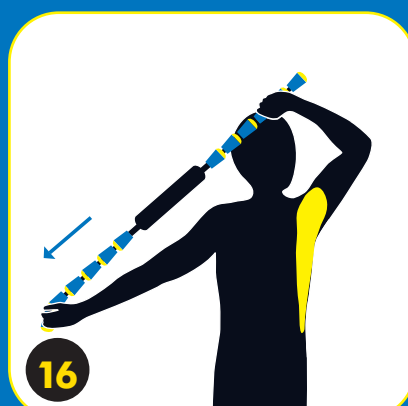
13 Hip/Inner Thigh Stretch



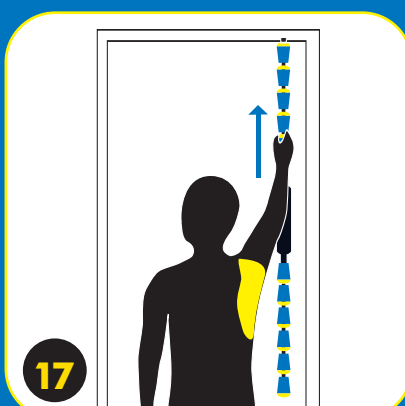
14 Shoulder/Chest Stretch



15 General Shoulder Stretch



16 Isolated Shoulder Stretch



17 Shoulder Flexion Stretch



18 Rotator Cuff Stretch



19 Shoulder/Chest Stretch



20 Deltoid Stretch

**Monitor Your Progress**  
Handgrips most beneficial for stretches 1, 2, 8 and 13.

**Easiest** 1 2 3 4 5 6 **Hardest**

Example:  
Stretch #1: Lowback/Hamstring:  
1st week: 3rd handgrip  
6th week: 5th handgrip  
Caution: Do not stretch to the point of pain.

Start with comfortable handgrip, increase stretch one handgrip at a time, up to 3 grips (levels).

The starting point will vary with each individual.

### 1st Level:

Lightly feel the stretch in the designated area.  
10—30 seconds.

### 2nd Level:

Gently increase stretch.  
10—30 seconds.

### 3rd Level:

Hold comfortable limit.  
10—30 seconds.

## Coaching Guide

Specific Sport	Best Stretches
Aerobics	1—20
General Fitness	1—20
Running	1, 2, 3, 5, 6, 7, 9, 10
Golf	1, 4, 7, 9, 12—20
Tennis	1, 3, 4, 6, 7, 9, 10, 12—20
Basketball	1, 2, 3, 5, 7, 9, 12, 13, 14
Football	1, 2, 3, 4, 6, 7, 9, 10, 14, 18, 19
Soccer	1, 2, 3, 4, 5, 7, 8, 9, 10, 11
Baseball	1, 2, 3, 6, 7, 9, 12, 13, 14, 17, 18, 20
Gymnastics	1, 3, 4, 5, 7, 8, 9, 12, 13, 14, 18, 19
Skiing	1, 2, 3, 4, 5, 7, 9, 10, 11, 12