



Neck Hammock

The Daily Stretch

31 Days to Double Your Flexibility



Dr. Steve Sudell Jr.

Table of Contents

Introduction

Why should you stretch?

Types of stretches

Static Stretches

Ballistic Stretches

Dynamic Stretches

Proprioceptive neuromuscular facilitation

Beyond Stretching

How often-and how much-should you stretch?

The anatomy of a stretch

Safety first

When to check with a doctor

A team approach

31 days of stretching

Introduction

Have you ever thought that stretching could be the most important component of your fitness routine? However, many Americans don't consider stretching as an important element of their physical fitness routine, despite them knowing the role of stretching can play in keeping the body flexible. It has come to our knowledge, that many individuals don't stretch their group muscles properly, which may result in serious injury.

In this chapter, we will help you to evaluate:

- The rationale for stretching
- Major types of stretches
- Basic guideline for stretching
- Anatomy of a stretch

However, in later chapters you will be able to find information about:

1. Stretching to improve sports performance
2. Ease certain types of pain

Lastly, you will also see guidance to stretching routines along with instructions to every step. You don't need to wrestle your body into the positions worthy of Cirque du Soleil. Anyhow, some poses have been designed for deep stretching that require practice and patience; stretches, being a bonus for you, to relax yourself.

Before starting with the technicalities of stretching, you need to know what is stretching. Stretching is such an activity that is safe for healthy adults at any level of ability. However, if you are suffering from heart disease, diabetes, joint or back problem, please read the chapter "Safety first" to determine your best course of action before jumping in.

Why should you stretch?

At any age stretching can be very effective. For example, overly tight hamstrings can impede basic movements like walking and running. They are often implicated in chronic low back pain. Furthermore, sports performance may also be diminished among athletes, causing muscle strains, and knee pain. Moreover, tight ankle and calf muscles may turn a trip into a tumble. Tight arm and side muscles may also interfere with any task or sport that involves reaching. A tight neck muscle makes it difficult for you to look behind you.

Even if you are less active, stretching continues to be a fundamental part of your life as you grow older since your joints become less flexible. Inflexibility inhibits your daily activities, making it harder to walk, raise your arms overhead, or turn your head while backing up the car. It also undermines your balance, which may cause life-altering fall.

Types of stretches

We always do stretches without getting any information about them, so you might be surprised to study multiple types of stretches in this chapter. We have chosen active passive static stretches. In addition to this, we have dynamic stretches as well that act as a warm-up for sports. These stretches are very straightforward to keeping your body flexible.

Static Stretches

One of the most familiar stretches are static stretches which involves adopting and holding a position that stretches a muscle or group of muscles. Static stretches can be both, active and passive.

- In an active static stretch, the muscle being stretched basically holds the position. Yoga poses, such as cobra and downward dog, illustrates it well.
- A passive static stretch depends on gravity, or a prop- like a partner, strap, or elastic band- to hold the muscles that are being stretched in place. A good representation of a passive stretch would be if you stand up straight and hinge forward at the hips, then hold the position with your arms hanging down.

Ballistic Stretches

Ballistic stretches includes going deeper into a stretch by adopting a stretch position and later returning to quickly extent range of motion and muscle length. It helps to cause the stretch reflex resistance pushed by particular nerves, forcing a lengthening muscle to contract. However, if the moves are not handled carefully, these stretches may cause injury to the muscles.

Dynamic Stretches

Dynamic stretches do not cause any sort of injury. They involves some specific movements, they most resemble sports motion such as golf swing. Specific muscles and joints are taken through full range of motion, from one position to another. This is done a couple of times. It usually involves various muscle groups from different parts of the body.

Dynamic stretches help to increase the range of motion at the joints, and it also warms up the body by pumping more blood and oxygen to muscles, helping to be prepared for a workout. Some experts say that dynamic stretches may also be referred to as dynamic warm-ups, as they do not elongate muscles. However, muscles are loosened up so they are prepared for intense use.

Proprioceptive neuromuscular facilitation

Also called PNF, proprioceptive neuromuscular facilitation is recommended by various rehabilitation and exercise professionals. They believe that it helps to improve the range of motion as compared to the other types of stretching. These can be done safely however PNF needs advance training.

PNF has a two-step approach. First one being isometric contraction of the opposing muscle, which is followed by a passive static stretch of the target muscle applied by a partner whose focus is to move the joint through its range of motion. (To do an isometric contraction, you need to press against a stationary object, like a partner, so the muscles can activate without lengthening or shortening.)

If anyone is interested in knowing how to do these stretches without cause any injury, it is recommended that they should work one to with a professional or physical therapists.

Beyond Stretching

Flexibility is not the only measure for a healthy exercise plan, rather aerobic exercise and strength training is equally important for a couple of reasons. In order to improve our lifestyle we should exercise regulars as regular exercise helps to lower your risk for early death, heart disease, stroke, type 2 diabetes, high blood pressure, high cholesterol, colon, breast cancers, and many other health problems. Exercise also helps to boots up you r mood and strengthen they supportive muscles.

According to the Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services following exercises are recommended to have a healthy lifestyle.

- Aerobic activity is so important in order to have fit and healthy body. On a regular basis two-one-and-half-hours (150 minutes) aerobic activity per week

that includes walking, cycling and swimming is essential. In case of vigorous aerobic exercise, you may reduce it to the total to one-and-one-quarter hours (75 minutes) per week- or substitute an equivalent mix of the two. You can only talk but not sing during a moderate-intensity activity such as brisk walk. One can say only a few words without catching breath, during a vigorous activity such as running. You can also split workouts into short chunks of time spread throughout the day. In fact, it's healthier than being sedentary for hours at a time.

- Additionally, resistance exercises (using weights or resistance bands) may be done for all major muscle groups, two or three times a week, allowing 48 hours between sessions so the muscles can recover.

In order to change your busy lifestyle into a healthy and happy lifestyle you need to learn some sort of activity that fulfills two requirements at the same time. For example, core work is counted as both resistance exercise, and balance training, and sometimes, as stretching, all while helping to ward off sore back and knees.

How often-and how much-should you stretch?

It really varies from person to person, however in a standard case following stretches are recommended according to the need. The recommendations have been compiled by panel of experts at the American College of Sports Medicine (ACSM).

- For healthy it is recommended that they should do flexible exercises at least two to three times a week it includes, stretches, yoga, or tai chi for all major muscle tendon groups- neck, shoulder, chest, trunk, lower back, hips, legs, and ankles
- In order to get the best results, an individual must spend a total of 60 seconds on each stretching exercise. Repeating a particular stretch three times would give the best result. If you hold the stretch for 20 seconds, two more repetitions would be sufficient.

The anatomy of a stretch

Stretching plays an important role in order to enhance the flexibility of body by increasing range of motion. Basic boundary lines for range of motion are set by the inner workings of the joint involved and by muscle tension, which can be affected by scarring or even habitual posture (passive factors), or by involuntary muscle spasms or purposeful muscle contractions (active factors).

Each element of the stretch you perform helps you to understand how bones, muscles, ligaments, tendons and joints work collectively in order to give the best results.

Joints are designed in such a way that they can act as a pivot and help the bones to move in a regular direction. It allows some specific moments around the pivot.

Similarly tendons and ligaments provide more flexible environment to your body in order to perform stretches. Tendons are the strong tissues that tether muscles to bones whereas ligaments are fibrous bands of tissues that help to keep bone and bone together.

Safety first

It's always better to think about safety first rather than skipping right to the stretches. Read this chapter carefully, so you can decide whether to get yourself checked from a doctor or you're good to go. Most importantly, if you have had a surgery recently then you may need to limit the type of stretches you do.

If you believe you don't have any health issue to limit your ability to stretch, it is recommended to read our "Six tips for safe stretches" (see page 7). These tips will help you gain maximum flexibility, while reducing the risk for injuries.

When to check with a doctor

Do you need to check with a doctor before starting a stretching program? Well, if you are normally an active person then stretches should not pose a problem. However, it's always better to check with a doctor if any of the following conditions apply:

- In case you have a recent surgery. You may need to limit stretching of the injured area until the soft tissues are healed, depending on the type, extent, and location of the surgery. Consult your surgeon if any stretch or an activity is to be avoided or modified temporarily.
- Even though stretched help to decrease soreness, you might still find it difficult to carry out a stretch if you have a sharp pain. Check with a medical professional before starting your program, in case you have been experiencing significant body ache.

Whether you should talk to your physician or not before signing up any fitness program depends upon your health condition. The Physical Activity Readiness Questionnaire (PAR-Q), a tool developed by the Canadian Society for Exercise Physiology helps you in this regard. You can find it at www.health.harvard.edu/PAR-Q.

Depending upon your health conditions your doctor can suggest substitution or alter certain types of stretches. If you think you need to consult a doctor, contact him or her to have the best instructions so that you can safely tackle with these stretches. If necessary, your doctor can even refer to physical therapist for further evaluation. He or she may also instruct you to perform these stretches under the supervision of a physical trainer or expert.

A team approach

In any area of your life, team work always wins. In order to avoid any kind of muscular pain as a result of stretches, you should always be instructed by an experienced personal trainer and you should always be examined by a doctor. So that each of them provides you the best instructions to avoid any sort of body pain.

Following trainers and therapists can help you to choose the best program of exercises or stretches according to your body requirements.

- Physiatrists
- Physical therapists
- Physical therapy assistants
- Personal trainers

31 days of stretching

Following are the best 7 stretches that can help you stay healthy both physically and mentally.

Day 1: Plank to Down Dog



Equipment needed: Yoga mat

Description: This is an excellent total body stretch that strengthens your arms and spine, improves balance, and supports abdominal strength.

1. Start in a plank position. Stack your shoulders directly above your wrists and hips directly above your knees.
2. Tuck your toes and straighten into your arms and legs.
3. Press your hips back and skyward into downward facing dog.
 - a. Arms and legs should remain straight so your body looks like an upside-down V
 - b. Spread your fingers wide so the middle finger points to the front corners of your mat
 - c. Ears should be level with your biceps so that your neck is a continuation of your spine
 - d. Stretch your heels down towards the mat

Perform: Hold each position for five seconds, repeat for 5 reps each.

Day 2: Couch Stretch



Equipment needed: Chair, bench, or couch

Description: If you work a desk job or sit for extended periods of time, this stretch is a must!! It helps open up your hip flexors which will take pressure off your low back, improve your posture, and make you feel incredible when finished.

1. Place one foot on a bench (or wall) and your knee on the floor.
2. Bring the other leg up to support you in front in a lunge position.
3. Drop the back leg's hip down towards the floor as low as you can.
4. Squeeze the Glute of the leg being stretched to increase the stretch

Perform: Hold for 90 seconds to 2 minutes

Day 3a: Sidelying T-Spine Rotations



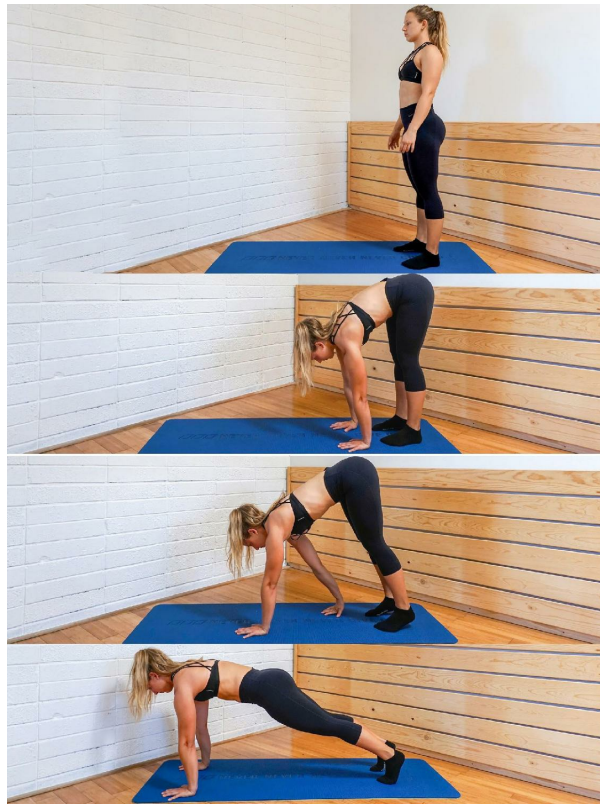
Equipment needed: Yoga mat, possible weight for an anchor

Description: Excellent for stretching the spine, chest, and hips. The goal is to get the moving shoulder flat on the ground. May have to anchor the flexed knee with a weight so you don't lose torque in the stretch.

1. Start by lying on right side with right knee flexed.
2. Rotate left arm towards the floor.
3. Pause for a second before returning to start position

Perform: 2 sets of 10 reps per side. Add weight as needed

Day 3b: Inch Worms



Equipment needed: Yoga Mat

Description: The inchworm is an exercise that works the arms, chest and upper back as well as the lower back and abs. It is called the inchworm because it mimics the up-and-down motion of a worm moving across a flat surface. The exercise requires no additional equipment, meaning you can do it almost anywhere.

1. Stand with your feet close together. Keeping your legs straight, stretch down and put your hands on the floor directly in front of you. This will be your starting position.
2. Begin by walking your hands forward slowly, alternating your left and your right. As you do so, bend only at the hip, keeping your legs straight.
3. Keep going until your body is parallel to the ground in a pushup position.
4. Now, keep your hands in place and slowly take short steps with your feet, moving only a few inches at a time.
5. Continue walking until your feet are by your hands, keeping your legs straight as you do so.

Perform: 2 sets of 60 seconds

Day 4a: Behind the Neck Banded Good Mornings



Equipment needed: Moderate to heavy resistance band

Description: Tight Hamstrings? Not anymore with this stretch! Banded good mornings are far superior to the traditional static hamstring stretch because they effectively mobilize the fascia, joints, and surrounding connective tissue. Highly recommend adding this to your daily routine.

1. With band wrapped around the back of the neck
2. Gradually shoot hips back until a strong stretch is felt in the hamstrings
3. Attempt to keep the legs as straight as possible.
4. Soft knee bend is ok

Perform: 2 sets of 15 reps

Day 4b: Table Top to Child's Pose



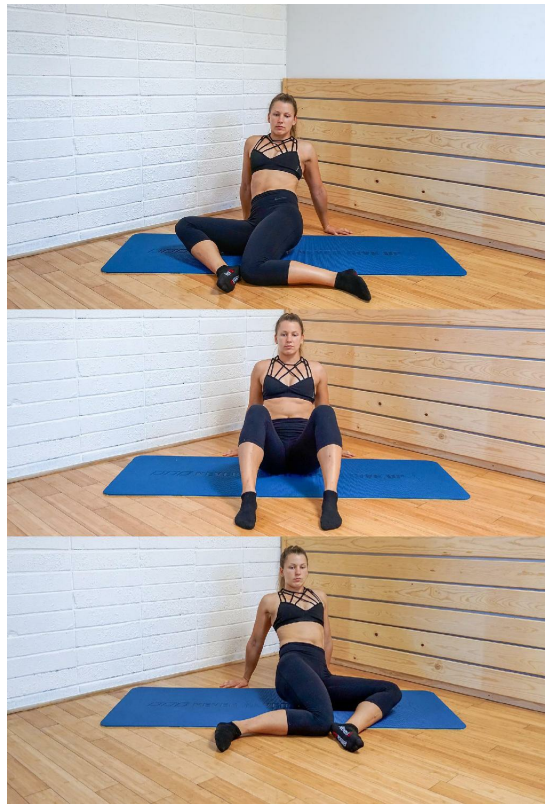
Equipment needed: Yoga Mat

Description:

1. Start in Tabletop position.
2. Slowly lower yourself into child's pose.
3. Hold for 10 seconds, then return to table top.
(The objective is to gain additional range of motion after each repetition)

Perform: 1 set of 2 minutes in duration

Day 5: Hip Internal Rotation Stretch



Equipment needed: Yoga Mat

Description: Addressing hip range of motion with the pigeon stretch is great, but most people are actually more stiff and tight with internal rotation of the hips. This is the easiest and most effective stretch to improve hip internal rotation.

1. Lie back resting on extended arms, with knees flexed
2. Rotate as far as possible to the right
3. Hold for 5-10 seconds
4. Rotate back to the left and hold for 5-10 seconds
5. Repeat 5x per side

Perform: 2 sets of 5 reps per side

Day 6: Table Top Scapular Rotations



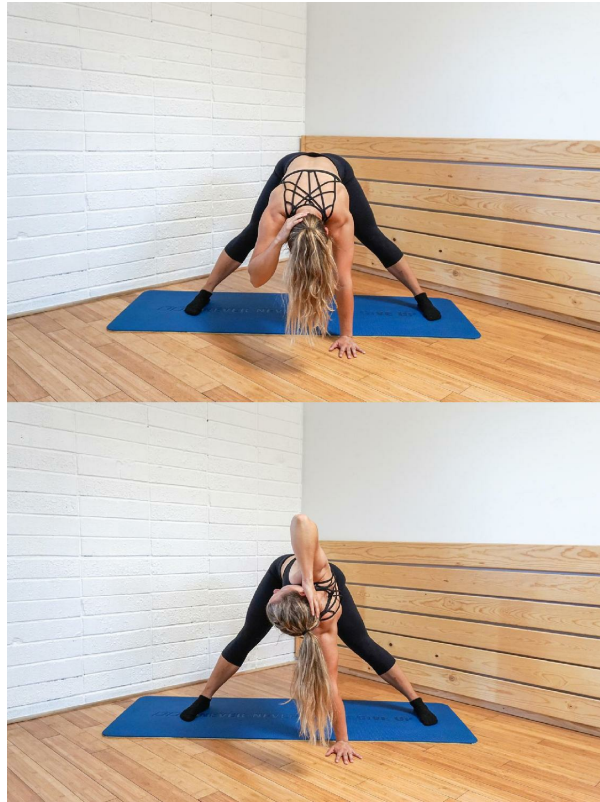
Equipment needed: Yoga Mat

Description: Poor Posture? Weak shoulders? Dealing with neck pain or tension headaches? This stretch packs a huge punch in addressing those issues.

1. Start in tabletop position, place hand behind head
2. Rotate elbow up towards the ceiling
3. Pause for a second at the top
4. Return to start position.

Perform: 2 sets of 10 reps

Day 7: Warrior Scapular Rotations



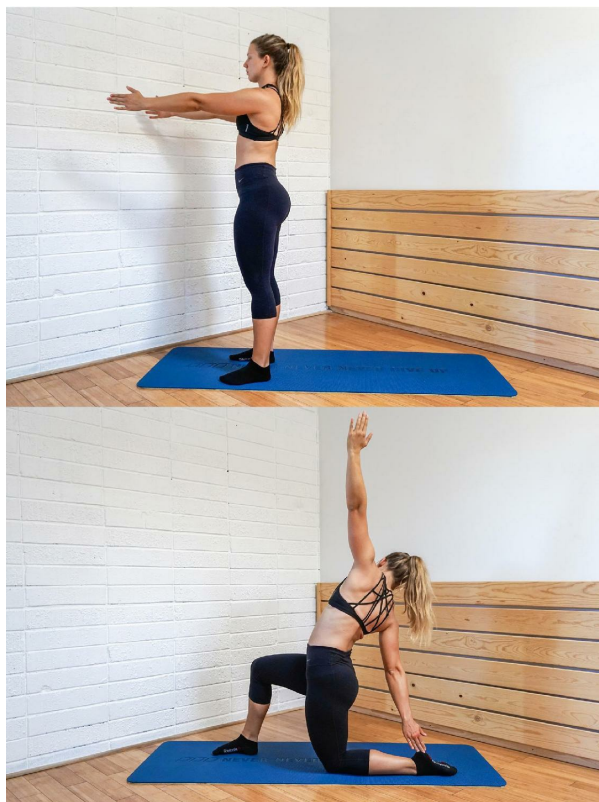
Equipment needed: Yoga Mat

Description: Dealing with neck and/or shoulder pain from sitting all day or from bad posture? This dynamic stretch won't be easy, but is highly effective!

1. Place feet wider than shoulder width
2. Place both extended arms on the ground
3. Put right hand behind head
4. While keeping legs straight, rotate right elbow up towards ceiling
5. Pause for a second at the top
6. Return to start position

Perform: 2 sets of 10 reps

Day 8: Reverse Lunge Rotations



Equipment needed: Yoga Mat

Description: This stretch may be the BEST dynamic hip flexor stretches out there. Will surely expose any flexibility/mobility deficits you may be holding onto.

1. Start in standing position
2. Step back with left leg
3. Rotate over the right shoulder with a goal of touching calf of left leg (Reach left arm up towards the sky)
4. Return to starting position

Perform: 2 sets of 6 reps per side

Day 9: Lunge Rotations



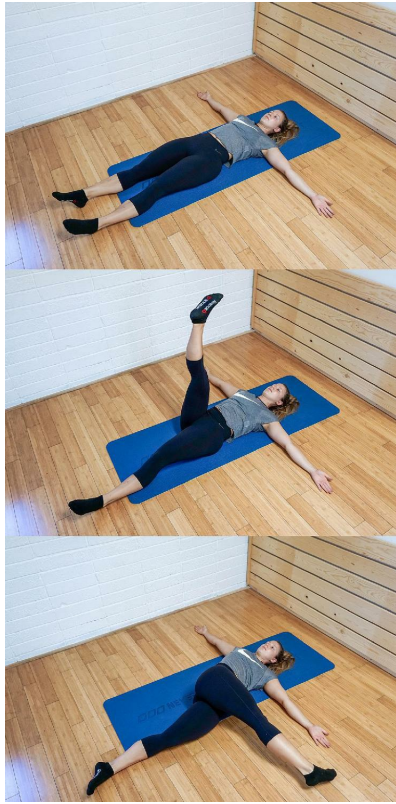
Equipment needed: Yoga Mat

Description: Difficulty with your squat depth? This stretch may be the answer!

1. Start with right leg forward, left leg extended
2. Attempt to bring right elbow to right foot and hold for 5 seconds (open right knee as far as possible for greater depth)
3. Rotate right arm up towards sky and hold for 5 seconds.

Perform: 2 sets of 5 reps

Day 10: Supine Lumbar Rotations



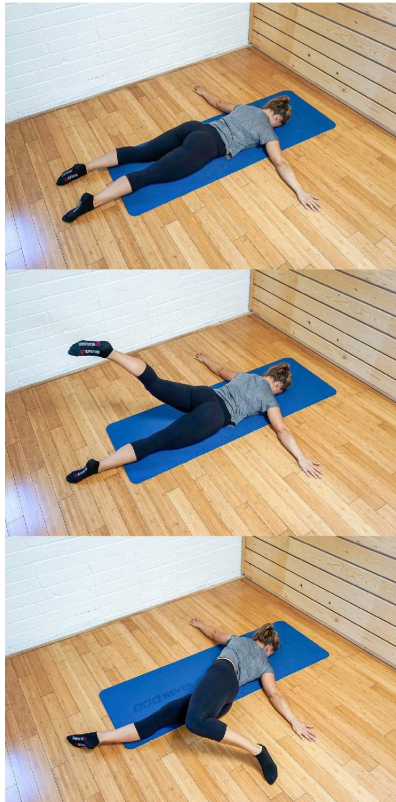
Equipment needed: Yoga Mat

Description: Want immediate relief from low back tightness/pain? This one works wonders and can be performed daily to improve range of motion and increase overall energy.

1. Start lying on back with arms out to the side
2. While keeping right leg extended, bring right leg straight up towards the sky
3. When max tension is achieved, attempt to touch right foot to left hand
4. Pause for a second, then return to starting position
5. Repeat with other leg

Perform: 2 sets of 5 reps each

Day 11: Scorpion Stretch



Equipment needed: Yoga Mat

Description: This stretch works wonders for anyone with tightness in their hip flexors and low back.

1. Start lying on stomach with arms out to the side
2. While keeping right leg extended, bring right leg straight up towards the sky
3. When max tension is achieved, attempt to touch right foot to left hand
4. Pause for a second, then return to starting position
5. Repeat with other leg

Perform: 2 sets of 5 reps each

Day 12: Sidelying Thoracic Spine Rotations



Equipment needed: Yoga mat, possible weight for an anchor

Description: Excellent for stretching the spine, chest, and hips. The goal is to get the moving shoulder flat on the ground. May have to anchor the flexed knee with a weight so you don't lose torque in the stretch.

1. Start by lying on right side with right knee flexed
2. Rotate left arm towards the floor
3. Pause for a second before returning to start position

Perform: 2 sets of 10 reps per side. Add weight to moving hand as needed

Day 13: Banded Cobra Stretch



Equipment needed: Yoga Mat, light to moderate resistance band

Description: This stretch is AMAZING for anyone who has low back pain from sitting for extended periods of time.

1. Start in tabletop position with band around the hips
2. Keeping arms extending, shoot the hips through into cobra
3. Hold cobra pose for 20 seconds
4. Relax into to child's pose for 10 seconds

Perform: 8 reps (4 minutes total), increase range of motion

Day 14: Elevated Pigeon Stretch



Equipment needed: Bench, bed, or any semi soft elevated surface

Description: This opens up your hips, which can help fix lower back pain and improve your performance on exercises like squats and deadlifts. You can do this stretch almost anywhere, using a table, a bench, or even your desk to elevate your leg.

1. Keep head and chest up
2. Back leg straight
3. Rotate towards the leg being stretched to increase the stretch

Perform: 2 sets of 90 seconds each leg

Day 15: Behind the Back Banded Good Mornings



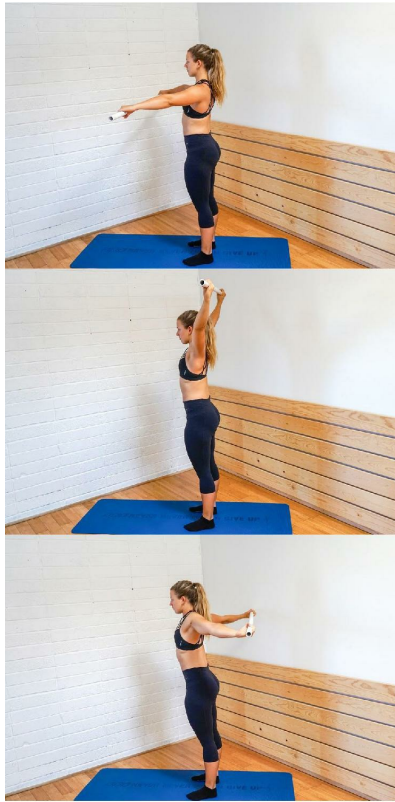
Equipment needed: Moderate resistance band

Description:

1. Stand on band and wrap around behind back, and pull up as high as possible.
2. Gradually shoot hips back until a strong stretch is felt in the hamstrings, keep the legs as straight as possible (soft knee bend is ok).
3. Attempt to increase range of motion after each rep without flexing spine.

Perform: 2 sets of 15 reps

Day 16: PVC Pass Throughs



Equipment needed: PVC pipe, or long stick, broom

Description:

1. Start with Hands wide and arms locked out
2. Rotate the PVC over the head and behind the back as far as a strong stretch is felt
3. Pause for a second, then return to the start position
4. Attempt to increase range of motion after each rep

Perform: 2 sets of 10

Day 17: PVC Good Mornings



Equipment needed: PVC pipe or broom

Description: Great way to dynamically stretch the hamstrings.

1. Place PVC behind the back maintaining contact with the back of the head and tailbone throughout the duration of the movement
2. Gradually shoot hips back until a strong stretch is felt in the hamstrings.
3. Attempt to keep the legs as straight as possible (Soft knee bend ok)
4. Increase range of motion after each rep

Perform: 2 sets of 15 reps

Day 18: Cat Cow Stretch



Equipment needed: Yoga mat

Description: Excellent stretch for the lower and upper back

1. Begin with your hands and knees on the floor
2. Begin in a neutral spine position, with your back flat and your abs engaged
3. Take a big deep inhale
4. On the exhale, round your spine up towards the ceiling, pulling your belly button up towards your spine and tucking chin towards your chest
5. On your inhale, arch your back, let your belly relax and go loose. Lift your head and tailbone up towards the sky.
6. Continue flowing back and forth from Cat Pose to Cow Pose, and connect your breath to each movement — inhale for Cow Pose and exhale on Cat Pose

Perform: Hold each position for 5 seconds, repeat 10 reps each.

Day 19: Windmills



Equipment needed: Yoga mat

Description:

1. Start with your feet slightly wider than shoulder width apart.
2. Point both arms out to your side so that your upper body looks like a "T"
3. Keeping your legs straight. Bend and rotate at the waist so that your right arm reaches down and touches your left foot
4. Stand back up and repeat the same motion except this time bring the left hand down to the right foot and then stand back up.

Perform: 2 sets of 10 reps per side

Day 20a: Russian Baby Makers



Equipment needed: Yoga Mat

Description: A dynamic drill to help warm up the hips.

1. Set up in a squat stance and brace the midline.
2. Reach down to touch the toes with straight legs.
3. Pull the hips down to the bottom of the squat, with the arms on the inside of the legs.
4. Lift the chest up as high as possible, keeping a flat back. Raise the hips up high, keeping the legs straight, bringing the chest to your thighs.
5. Pull the hips down to the bottom of the squat again, keeping the arms to the inside of the legs. Repeat.

Perform: 2 sets of 5 reps, holding for 5 seconds in each position

Day 20b: Posterior Chain Flossing



Equipment needed: Resistance band, pole/post

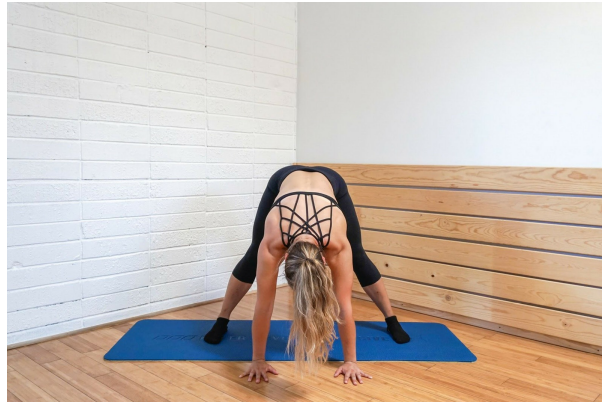
Description: Excellent stretch for improving the flexibility of the Hamstrings and posterior chain. Goal is to get knee as close to extended as possible.

1. Hook a band up to a vertical pole about knee height
2. Face away from the pole and step in the band, placing the band high up on the hip
3. Take a couple steps forward, bend forward at the waist and place the hands on the ground
4. Bend and straighten the knee of the banded leg 5-10 times
5. With slightly bent knees and feet flat on the ground bend the arms like performing a push-up 5-10 times

Perform: 2 sets of 60 seconds per leg, gradually increasing range of motion as tolerated.

Video reference: [Posterior Chain Flossing](#)

Day 21: Warrior Hamstring Stretch



Equipment needed: Yoga Mat

Description:

1. Stand with your feet flat on the floor, feet wider than shoulder width.
2. Keep your knees slightly bent and your back straight.
3. Exhale and bend at the hips to bring your upper body toward your legs. Bend until you feel a mild stretch in the back of your thighs. As you bend forward, focus on bringing your chest to your legs. Do not lock your knees at any time during this stretch.
4. Position your hands and arms depending on your level of flexibility.
 - a. If you aren't very flexible place your hands on your thighs or shins; (this also gives your back some support in the stretch).
 - b. For those who have moderate flexibility, you can cross your arms and dangle them in front of you.
 - c. Once you become more flexible, you can grab your toes or place your hands on the floor.

Perform: 2 sets of 60 seconds, increasing range of motion with each breath

Day 22: Figure 4 Stretch against the Wall



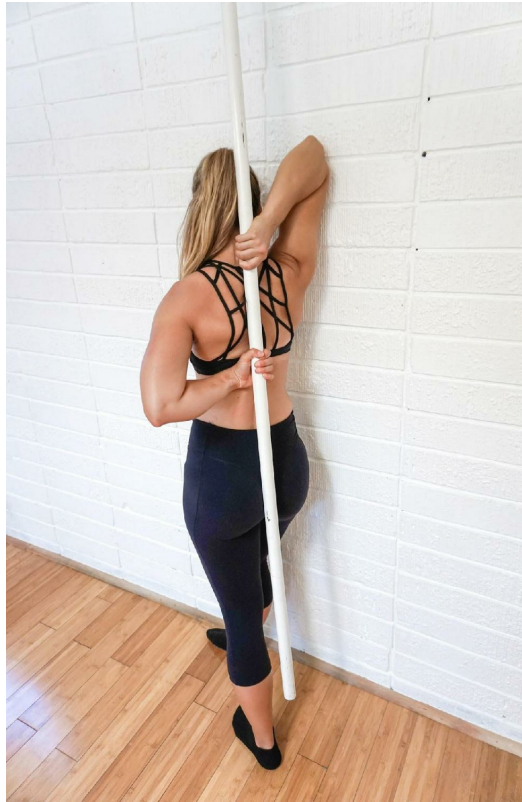
Equipment needed: Yoga mat

Description: The figure 4 stretch is used to mobilize the hip joint and stretch the hip muscles, like the glutes and piriformis. Since tight hips can cause back stiffness, this stretch can also be used to prevent and relieve back pain and sciatica. This is a good stretch to do before and after squats because the glutes are used heavily in those exercises.

1. Lie with your back flat on the floor or a mat.
2. From a completely flat position, bend one knee.
3. The other ankle should be placed on the thigh of the bent leg. With both hands push the bent leg to the wall.

Perform: Hold for 90 seconds per leg, increasing range of motion with each breath.

Day 23: PVC Tricep Stretch



Equipment needed: PVC or broom/stick

Description:

1. Stand in a relaxed position with your back straight.
2. Raise your right arm straight overhead, then bend it so your right hand is on the middle of your upper back. Your biceps and forearm should be touching.
3. Grab PVC with left hand and pull down to increase the stretch in the right tricep

Perform: 2 sets of 1 minute each arm

Day 24: Supine Hamstring Stretch



Equipment needed: Yoga mat

Description:

1. Start off by lying flat on your back, flexing your hip and knee to a 90 degree angle.
2. Taking your bent knee slowly extend it to the ceiling until you feel a stretch; while keeping your opposite foot still planted on the floor.
3. Keep your spine vertical without moving it.

Perform: Hold 1 minute per leg, perform 2 sets each

Day 25: Doorway Stretch



Equipment needed: Doorway

Description:

1. Stand in a doorway and brace your forearms against its sides. Make sure you have both of your arms at a right angle. Place one foot in front of you and one in back so that they're in two different rooms.
2. Keeping your upper arms at shoulder level, tense your stomach muscles and straighten your back. Now lean your upper body forward so you feel a stretch inside your chest. Hold this position for as long as you can.
3. Switch your feet around after you relax for a few seconds and do the stretch again for the same amount of time. Stop if you feel too much discomfort, but remember, you can always adjust the stretch to fit your body's needs.

Perform: 2 sets of 1 minute, gradually increasing range of motion with each breath

Day 26: Overhead Banded Shoulder Stretch



Equipment needed: Moderate resistance band

Description:

1. With left leg forward, grab onto band with right hand
2. Keeping right arm locked out, pull head through shoulders
3. Use your breath to increase range of motion

Perform: 2 sets of 1 minute per arm

Day 27: Overhead Banded Lat Stretch



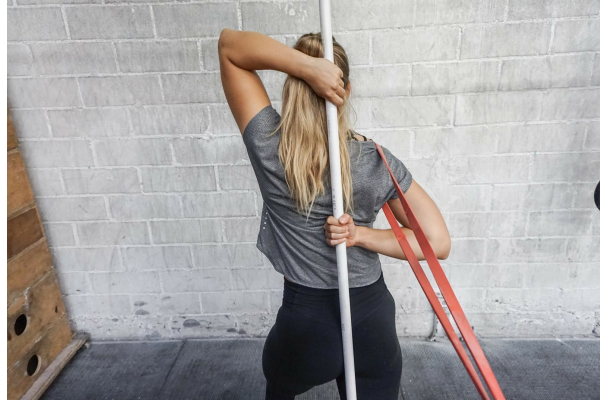
Equipment needed: Moderate resistance band

Description:

1. With left leg forward, grab onto band with right hand, and keep arm locked out
2. Increase the tension of the band to increase the stretch
3. Rotate torso to find the stretch that feels the best for you

Perform: 2 sets of 1 minute per arm

Day 28: Banded Shoulder Internal Rotation Stretch



Equipment needed: Resistance band and PVC pipe

Description: This stretch improves internal rotation of the shoulder.

1. Place band around the front of right shoulder
2. Grab PVC with left hand overhead and pulls the PVC upwards
3. The right hand grabs the lower portion of the PVC
4. Step forward and to the left to increase the stretch
5. Hold for 60 seconds, increasing range of motion with each breath

Perform: 2 sets of 60 seconds per arm

Day 29: Banded Couch Stretch



Equipment needed: Chair, bench, or couch and moderate to heavy resistance band

Description: If you work a desk job or sit for extended periods of time, this stretch is a must perform to open up your hip flexors which will take pressure off your low back.

1. Place Band behind the leg being stretched (just under the glute)
2. Place one foot on a bench (or wall) and your knee on the floor.
3. Bring the other leg up to support you in front in a lunge position.
4. Drop the back leg's hip down towards the floor as low as you can.
5. Squeeze the Glute of the leg being stretched to increase the stretch

Perform: Hold for 2 minutes per leg

Day 30 : Standing QL Stretch



Equipment needed: Doorway, pole, post

Description: This is a fantastic stretch for the QL (Quadratus Lumborum).

1. If post is to your right, place left top hand on post/doorway
2. Put left leg behind your right and shoot your hips out to the left
3. Rotate to find the strongest stretch
4. Hold for 60 seconds, increasing your range of motion with each breath

Perform: 2 sets of 1 minute per side

Day 31: Banded Super Rack Stretch



Equipment needed:

2. Reach one hand through the band and grab onto the band
3. With your back to the upright, drive the banded elbow up so the hand is on your upper back/shoulder
4. Take a couple steps forward to create tension on the band
5. Flex your tricep, lat and bicep to increase the stretch (Prevent the palm from facing straight down)

Perform: 2 sets of 60 seconds per arm