



Lower Body Stretching Chart– PT012

<p>Description</p>	<ul style="list-style-type: none"> ◆ The Lower Body Stretching poster provides a comprehensive guide to stretching, highlighting its importance in improving range of movement, reducing the risk of injury and enhancing performance. ◆ The chart includes over 20 dynamic and static stretches for the following body parts: <ul style="list-style-type: none"> - Hips - Groin - Lower and Upper leg ◆ The QR code located in the bottom right corner of the chart provides access to videos of the stretches being performed.
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 840 x 594 mm (A1 Size) 2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides
<p>Image</p>	 <p>The poster is titled "LOWER BODY STRETCHING" and is divided into several sections:</p> <ul style="list-style-type: none"> WHY STRETCH?: <ul style="list-style-type: none"> Stretching should play an important role in any training program. It can help: <ul style="list-style-type: none"> • Improve range of movement, leading to greater flexibility and increased comfort • Enhance performance and improve recovery time as it increases blood flow to the muscles which can result in greater energy levels and removal of toxins • Reduce the risk of injury, particularly soft tissue injuries and muscle soreness GETTING STARTED: <ul style="list-style-type: none"> Warm up before you stretch. It is not a good idea to stretch when your muscles are cold. A basic static stretch should typically be held for approximately 15-30 seconds. As you stretch, maintain good posture and breathe slowly and evenly. Do not bounce, overstretch or try to stretch an injured or damaged muscle. A stretch is not supposed to hurt, so if it hurts, stop! Dynamic Stretches: <ul style="list-style-type: none"> Dynamic stretching should be used as part of a warm up, to mobilize joints and improve range of movement and suppleness. Dynamic stretching can also be made activity specific. Includes 5 dynamic stretches: <ul style="list-style-type: none"> Hamstrings: Lift one of your knees in front of you to hip height and then extend out to your side before returning your foot to the floor. Shoulder and Hip Flexion: Look straight ahead and repeat. Keep your other leg straight and lean down to the left with your feet. Hamstrings: Look straight ahead and repeat. Keep your other leg straight and lean down to the left with your feet. Hamstrings: Look straight ahead and repeat. Keep your other leg straight and lean down to the left with your feet. Hamstrings: Look straight ahead and repeat. Keep your other leg straight and lean down to the left with your feet. Static Stretches: <ul style="list-style-type: none"> Static stretching is used to improve flexibility. It can also help the body return to its natural state after exercise. In static stretches, muscles are stretched to a point and held. Hip Abductors and Adductors: <ul style="list-style-type: none"> Stretching the muscles around the hip, including the adductors, gluteals, tensor fasciae latae and piriformis, can help improve flexibility and prevent injuries. Hip adductor stretches in particular, can help reduce the symptoms of sciatica. Includes 6 static stretches for hip abductors and adductors. Hamstrings, Quadriceps and Calves: <ul style="list-style-type: none"> Being at a desk all day (driving a car) causes muscles such as your hamstrings to tighten, which can contribute to lower back pain. Stretching your hamstrings and your other muscles can help reduce such problems. Includes 6 static stretches for hamstrings, quadriceps, and calves. TIPS AND ADVICE: <ul style="list-style-type: none"> Always use proper technique when stretching. Incorrect technique can do more harm than good. If you have any muscle or joint problems, consult your doctor before you begin a stretching program. No stretching routine should be painful. If in doubt, ask a qualified professional. Remember to warm up before you perform any stretching exercise. Stretching should be specific to the planned activity. For example, if you are training your legs, pay specific attention to stretching your legs. Legal Disclaimer: <p>PosterFit.com is not responsible for any loss or damage, it is important to follow specific health and safety guidelines. PosterFit.com, its employees and safety are not responsible for any loss or damage. Each individual should seek advice for their specific circumstances.</p> Demo Videos: <p>Scan here for instant access to FREE stretching demonstrations.</p>  PosterFit.com: <p>Your ultimate training partner</p> <p>©PosterFit 2012. All rights reserved.</p>