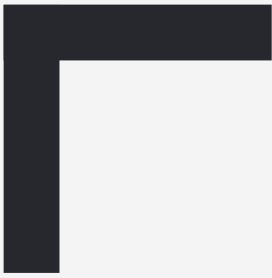


QTIME FITNESS

STRENGTH & CONDITIONING

YOUR GUIDE ON

**THE IMPORTANCE
OF STRETCHING**



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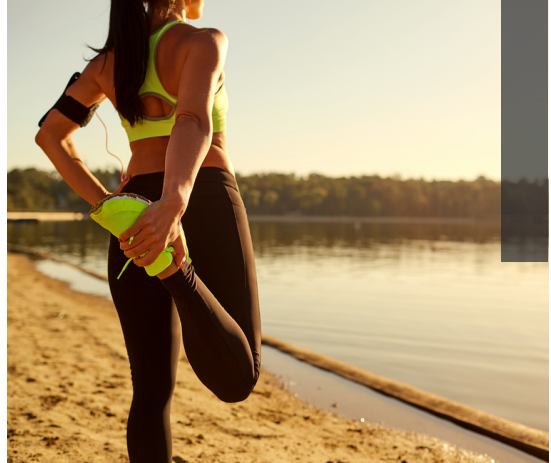
01

ABOUT STRETCHING

One of the fundamental elements of a good fitness routine is stretching. Flexibility is essential for daily tasks like bending over to put on socks or reaching up overhead to get an item out of a cupboard, as well as for exercise. You should include regular stretching in your everyday exercise routine.

Why we need to stretch

If you're on the fence about how important stretching is, many researchers concur that regular flexibility training has several compelling advantages. These include improved physical function, a greater range of motion in the joints, and a decreased chance of injury. Stretching can also increase emotions of vitality, awareness, and happiness while reducing feelings of stress, exhaustion, and worry.



02

TYPES OF STRETCHING

Although there are numerous variations of stretching techniques they will all fall into one of 2 categories: static or dynamic.



Static Stretching

The most popular kind of stretching is undoubtedly static stretching. Static stretching involves holding a stretch for a while in order to lengthen a muscle or set of muscles.

Usually, the stretch is maintained for 15 to 60 seconds. Then, do this 2-4 times more.



Dynamic Stretching

A stretch that is more functionally focused is dynamic stretching. The limbs are moved through higher ranges of motion. It involves actively moving a joint past its range of motion (ROM) without stopping the movement at its endpoint. Typically, this is done 10-12 times.





03

STRETCHING CORRECTLY

Poor stretching technique is much worse than doing no stretching at all, so be sure to follow the stretching protocols and the do's and don'ts detailed below.



Relax while stretching

Being relaxed is essential during stretching. Your range of motion will be restricted by tension, and your muscles won't stretch as well. You won't gain to the fullest extent from flexibility as a result.

Stretch gently

Move your body or the limb being stretched into the stretch position gradually and cautiously. Hold the position as soon as you notice a little muscle tightness. Avoid bouncing or any other actions that can cause the muscle to be overstretched and cause an injury. After 15 seconds, extend your stretch even more. Your body's natural reflex that prevents stretching will relax after about 15 seconds, enabling you to stretch a little bit more. Stretch out a little more gently, then hold the position for an additional 15 seconds.

Keep breathing while stretching

Always maintain a calm, relaxed breathing pattern because doing so will ease overall muscular tension and enable you to stretch more. Stretching will be far less effective if you hold your breath because it will make your whole body tight.

Hold the stretch

You must hold the stretch for at least 20 seconds in order to reap the full advantages of stretching. A brief stretch of each muscle has almost little benefits for flexibility. Keep your posture perfect while holding the position to avoid over-relaxing and reducing your gains.

04

STRETCHING SUMMARY

Why should I stretch?

- To improve your flexibility
- To improve muscle performance
- To promote better circulation
- To reduce the chance of injuries
- To help prevent muscular stiffness and soreness
- To help reduce tension and to encourage relaxation

When should I stretch?

- Before starting your physical activity but after your warm-up, mainly to loosen muscles.
- Primarily to improve flexibility and range of motion after your physical exercise.

How do I stretch?

- Stretch in a slow relaxed manner
- Stretch until you feel a slight discomfort in the muscle
- Hold each stretch for at least 20 seconds
- Repeat each stretch one or more times
- Don't bounce
- Never stretch to the point of pain
- Breathe normally.



05

STRETCHING EXERCISES

UPPER BODY STRETCHES

Neck:

To stretch your neck, gently tilt your head to one side and hold for 20-30 seconds before switching to the other side.

HOLD FOR 20-30 SECS

3 REPS



Shoulder:

To stretch your shoulders, bring one arm across your chest and gently press it towards your body using your other arm, holding for 20-30 seconds before switching sides.

HOLD FOR 20-30 SECS

3 REPS



Tricep:

To stretch your triceps, raise one arm overhead and bend it behind your head, then gently pull the elbow with your opposite hand and hold for 20-30 seconds before switching sides.

HOLD FOR 20-30 SECS

3 REPS



Shoulder & Back:

To stretch your shoulders and back, clasp your hands together behind your back and gently lift your arms upwards while keeping your shoulders relaxed, holding for 20-30 seconds.

HOLD FOR 20-30 SECS

3 REPS



Torso Twist:

To stretch your torso, sit with your back straight and twist your upper body to one side, placing your opposite hand on your knee and holding for 20-30 seconds before switching sides.

HOLD FOR 20-30 SECS

3 REPS



Chest Rotation:

With the side of your body facing a wall, place your left palm on the wall. Slowly rotate your torso to the right, until you feel the stretch in your chest and in your left shoulder. Hold for 20-30 seconds and repeat on the right side.

HOLD FOR 20-30 SECS

3 REPS



Back Arches:

To perform a back arch stretch, stand with your feet shoulder-width apart, place your hands on your lower back and gently arch backwards, looking upwards and feeling the stretch in your back, holding for 20-30 seconds.

HOLD FOR 20-30 SECS

3 REPS



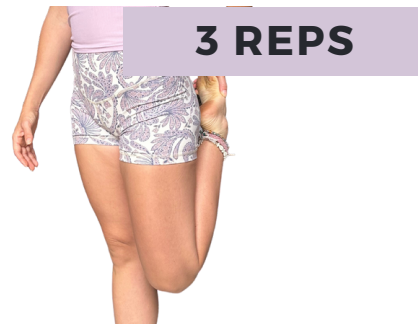
LOWER BODY STRETCHES



Knee Raise:

To perform a knee raise stretch, stand with your feet hip-distance apart, lift one knee towards your chest and hold it with both hands, feeling the stretch in your hip flexors, holding for 10-15 seconds before switching sides.

HOLD FOR 20-30 SECS



Quad:

To stretch your quadriceps, stand with your feet hip-distance apart, bend one knee and bring your foot towards your buttocks, holding your ankle with your hand, then gently pull your foot towards your buttocks until you feel a stretch in the front of your thigh, holding for 20-30 seconds before switching sides.

HOLD FOR 20-30 SECS



Forward Bend:

To perform a forward bend stretch, stand with your feet hip-distance apart, hinge forward at your hips and allow your head, neck and arms to hang towards the floor, feeling the stretch in your hamstrings and lower back, holding for 10-15 seconds.

HOLD FOR 20-30 SECS



Calf Raise Hold:

To stretch your calves, stand with the balls of your feet on the edge of a step, lower your heels towards the floor until you feel a stretch in your calves, then hold this position for 10-15 seconds before lifting your heels back up to the starting position.

HOLD FOR 20-30 SECS

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Via email at info@qtimefitness.com.au
with any questions or
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