

Rules for Safe Stretching

Bodylines



- Check for injuries first (never stretch a new injury).
- Know your limits and don't push them
- Warm up prior to stretching
- Do dynamic stretching before your workout
- And static stretching after your workout
- Stretch gently and slowly
- Breathe deeply and easily
- Stretch only to the point of tension (no pain)
- Include a variety of different stretches
- Relax, and enjoy getting more flexible, pain free and injury free



Injury Prevention
Injury Recovery
Improved
Performance