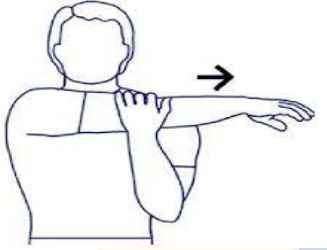


Static Stretch Routine

Static stretching requires you to move a muscle as far as it can go without feeling any pain or compromising the integrity of the stretch, then hold that position for 15 to 30 seconds. You should repeat static stretches two to three times each. This is a very effective way to increase flexibility. For more visuals, click on the exercise name, which will take you to a video.

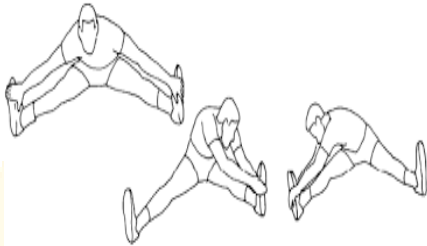
1. [Arm Across Shoulder Stretch](#)



5. [Lying Figure Four Stretch](#)



2. [Seated Straddle Hamstring Stretch](#)



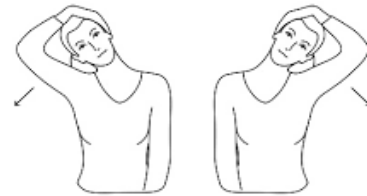
6. [Half Kneel Hip Flexor Stretch](#)



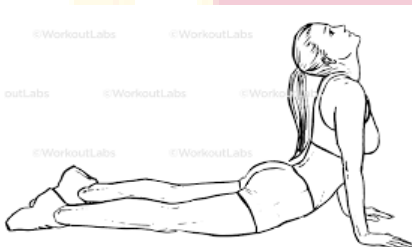
3. [Side lying Quad Stretch](#)



7. [Head Tilt Neck Stretch](#)



4. [Cobra Stretch](#)



8. [Chest Stretch](#)

