

# POST-WORKOUT STRECHING

Stretching after a workout offers numerous benefits, whilst helping prevent injuries and promotes relaxation:

- 1. Increased Flexibility and Range of Motion:** Stretching helps lengthen muscles and improve the flexibility of joints, allowing for a greater range of motion. This can be beneficial for performing daily activities and improving athletic performance.
- 2. Reduced Muscle Soreness and Tension:** Post-workout stretching can help alleviate muscle soreness and stiffness, also known as DOMS (delayed onset muscle soreness), by reducing muscle tension and promoting relaxation.
- 3. Enhanced Blood Flow:** Stretching improves blood circulation, delivering oxygen and nutrients to the muscles, which can accelerate recovery after exercise. These movements also massage the gut which helps reduce bloating and improve your mood.
- 4. Injury Prevention:** By increasing flexibility and range of motion, stretching can help reduce the risk of injuries caused by tight muscles and joints.
- 5. Relaxation and Stress Relief:** Stretching can be a relaxing activity that helps reduce stress and promote a sense of well-being.
- 6. Improved Posture:** Stretching can address muscle imbalances and improve posture by promoting better alignment of the body. It can also help in gradually slowing down the body's systems after exercise, promoting a smoother transition back to a resting state. It can also help with the elimination of lactic acid, a byproduct of exercise that can contribute to muscle soreness.

Try 30 - 60 seconds of each stretch below as an easily circuit to begin with and if you enjoy ask one of the team for more!



Hamstring Stretch



Butterfly Stretch



Cat Back Stretch



Cobra Abdominal Stretch /  
Old Horse Stretch



Knee-to-Chest Lower Back  
Stretch



Kneeling Hip Flexor Stretch



Neck Stretch



Overhead Triceps Stretch



Shoulder Stretch



Standing Quadricep Stretch