

# Flexibility Training

Furman University  
Greenville, SC

## Quadriceps Stretch - Standing

Quadriceps



Hold your left foot with your left hand. Keep your right leg slightly bent to help you balance. Open the space between your calf and thigh. Tuck your tailbone under to feel the stretch. Repeat on the opposite leg.

# Quadriceps Stretch - Prone

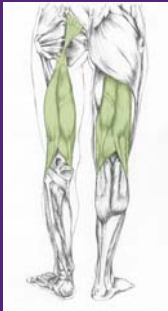
Quadriceps



Hold your right foot with your right hand. Open the space between your calf and thigh. Tuck your tailbone under to feel the stretch. Repeat on the opposite leg.

# Hamstring Stretch - Standing

Hamstrings



Erector Spinae  
(Lower Back)

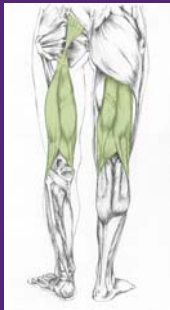


Place your right heel in front of your left. Bend your left knee and place your hands on your left thigh. Hinge forward from your hips and maintain a flat back. Flex your right foot. Repeat on the opposite leg.


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## Hamstring Stretch - Seated

**Hamstrings**



**Erector Spinae (Lower Back)**




Bend your left knee and extend your right leg. Inhale as you sit up tall and extend your spine upward. Exhale as you fold forward from your hips. Bring your stomach toward your thigh. Place your hands on the floor as shown. If you are more flexible, hold your right shin or foot. Keep your head and chest up. Flex your right foot. Repeat on the opposite leg.

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## Hamstring Stretch- Supine with Strap

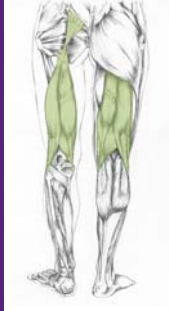
**Hamstrings**




Lie on the floor with a stretching strap around your right foot as shown. Inhale and lift your right leg into the air. Exhale and bring your right leg closer to your head. Flex your right foot. Repeat on the opposite leg.

# Standing Hamstring Stretch with Spinal Rotation

Hamstrings



Erector Spinae  
(Lower Back)



This is an advanced stretch. Be careful not to overstretch. Step your feet apart as shown. Bring your left hand to the outside of your right ankle. Rotate from your hips and square your shoulders to the right side. To further the stretch, lift your right hand into the air. Look to the right side or toward your right hand. Keep your knees straight but not locked. Repeat on the opposite leg.

# Gluteals Stretch - Seated

Gluteals



Sit in a cross-legged position as shown. Slide your feet a few inches forward. Inhale and sit up tall. Exhale and fold forward from your hips. Feel the stretch in the hip of your front leg. Repeat with your opposite leg in front.

## Gluteals Stretch - Supine

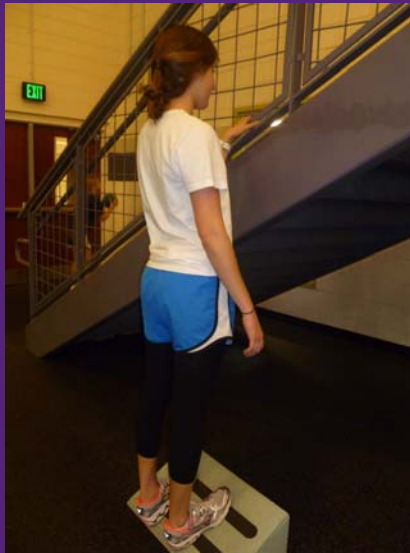
Gluteals



Lie on the floor. Place your right ankle on your left knee. Hold the back of your left thigh with both hands. Rest your head and neck on the floor. Feel the stretch in your right hip. Repeat on the opposite leg.

## Calf Stretch

Calves -  
Gastrocnemius



Stand on a calf block. For a gently stretch, place only the balls of your feet on the block. For a deeper stretch, place both of your feet entirely on the block. Keep your knees straight but not locked.

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## Lower Back Rotation (Modified)

Erector Spinae  
(Lower Back)



Lie on your back and bend your knees. Extend your arms and shoulder level with your palms facing down. Pick up your hips and move them 3-4 inches to the right. Roll your knees to the left side as shown. Look over your right hand. Repeat on the opposite side.

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## Lower Back Rotation with Hip Rotators Stretch

Gluteals



Hamstrings



Erector Spinae  
(Lower Back)



Lie on your back and bend your knees. Extend your arms and shoulder level with your palms facing down. Pick up your hips and move them 3-4 inches to the right. Roll your knees to the left side. Extend your right leg at hip level. Place your left elbow on the floor and prop up your right leg. To further the stretch, flex your right foot and lift your leg higher toward your head. Keep your right foot 10-12 inches off of the floor. Repeat on the opposite leg.

## Lower Back Rotation

Erector Spinae  
(Lower Back)



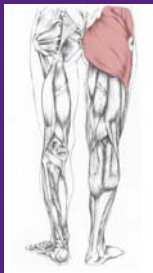
Deltoids  
(Shoulders)



Lie on the floor. Bend your right knee and straighten your left. Pick up your hips and move them 3-4 inches to the right. Roll your right knee to the left side. If you are flexible, you may be able to stack your hips on top of each other. Extend your right arm overhead and slightly backward to the diagonal. Repeat on the opposite leg.

## Seated Lower Back Rotation with Hip Rotators

Gluteals



Erector Spinae  
(Lower Back)



Sit on the floor. Bend your left knee and extend your right. Place your left foot over your right leg. Inhale as you sit up tall. Exhale and rotate over your left leg as shown. To further the stretch, push off of your left leg gently. Repeat on the opposite leg.

# Chest and Shoulder Stretch

**Pectoralis Major  
(Chest)**



**Deltoids  
(Shoulders)**



Clasp your hands behind your back. Roll your shoulders down and back. Feel the stretch in the front of your chest and shoulders.

# Shoulder Stretch

**Deltoids  
(Shoulders)**



Cross your right arm over your left elbow as shown. Press your right shoulder downward. Repeat on the opposite arm.



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# Upper Back Stretch

**Trapezius (Upper Back)**



**Latissimus Dorsi (Middle Back)**




**Erector Spinae (Lower Back)**



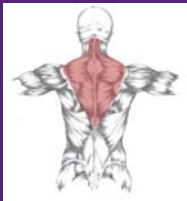
Place your feet together and bend your knees. Clasp your hands behind your knees. Pull your back upward to the ceiling as you resist with your hands. Round your back and feel the muscles separate in between the shoulder blades.

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# Neck Stretches



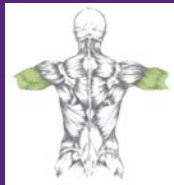
**Neck and Trapezius**



Clasp your hands behind your back. Stand up tall and press your shoulders down toward the floor. Drop your right shoulder toward your right ear. Slowly roll your head from right to left. Feel each muscle stretch in the back and sides of the neck. Repeat on the opposite side.

# Triceps Stretch

Triceps



Place your right hand on your upper back as shown. Feel the stretch in the back of your right arm. Repeat on the opposite side.

# Biceps Stretch

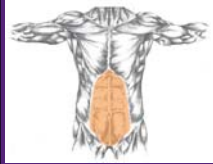
Biceps



Extend both arms behind you toward the diagonals. Turn your thumbs facing down.

# Abdominals Stretch

Rectus Abdominus



Lie on the floor as shown. Lift your elbows off of the floor very slightly until you feel a stretch in your abdominals. Be careful not to strain your lower back.