



SPORT-SPECIFIC CONSULTING

SSC

BEGINNER
STATIC/PASSIVE
FLEXIBILITY

TRAINING MANUAL





SPORT SPECIFIC CONSULTING

Static/Passive Flexibility Exercise Manual

Included in This Manual

- *Introduction to Flexibility Training*
- *Benefits of Flexibility Training*
- *Overview of Passive/Static Stretching*
- *Over 15 Exercises with Detailed Pictures/ Descriptions*
- *Intended for Beginner to Intermediate Athletes*

Important Information

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- *Discontinue any exercise that causes pain or severe discomfort and consult a physician immediately*
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More Information

- *For information about our training programs in northern Virginia and Maryland, please visit www.TrueAP.com*
- *For information about our adult fitness, boot camp, and corporate wellness programs, please visit the True Fitness Training website at www.TrueFT.com*
- *See Rob Rose's blog at www.TrueAP.com/blog*



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Introduction

In this Flexibility Training manual, you will learn the information and exercises necessary to increase the flexibility of any individual, no matter what age or fitness level. Our management team has been training athletes as well as the general populace since 1995, and we are proud to share our expertise with you! By implementing these techniques, you will be able to improve range of motion, reduce the risk of injury, and improve performance! Our research and experience has lead to the development of this manual, and we are positive that this information will be of great value to anyone hoping to achieve their fitness goals.

While it is important to train hard for maximum results, it is even more vital to TRAIN SMART! Flexibility training is an often overlooked component of a proper fitness program. Our research and exercise lists will teach every client how to use the correct methods of training at the right time for the most effective results possible.

Methods of Stretching

Five of the most common forms of stretching are:

- Ballistic**
- Active**
- Static/ Passive**
- Dynamic**
- PNF**

In this manual, **Ballistic** and **Active** stretching will not be covered in detail due to lack of benefit to clients. **Ballistic** stretching involves using momentum to force the body or limbs beyond their normal range of motion. This is achieved with a “bouncing” motion. This form of stretching is rarely used, as it is seen as not beneficial and can lead to injury. **Active** stretching involves holding a stretch using only the agonist muscle. For example, a hamstring stretch would be held using only the tightening of the quadricep muscle. This method of stretching is also rarely used, as it is very difficult to reach full range of motion and to hold this method of stretching for more than 10 seconds.

Benefits of Stretching

- **Reduced Muscle Soreness**
- **Decrease Risk of Injury**
- **Improved Posture**
- **Reduced Low Back Pain**
- **Increased Blood and Nutrients To Tissue**
- **Improved Muscle Coordination**



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Static/ Passive Stretching: Overview

Static Stretching:

A low force, high duration stretch in which the muscle is held at its greatest length without bouncing for a minimum of thirty (30) seconds.

Passive Stretch:

This method of stretching adds an external force to assist and enhance a stretch.

Uses:

Both **Static** and **Passive** stretching are best when used as a cool down AFTER a workout. Use of **Static** and **Passive** stretching prior to a workout have actually been shown as detrimental to power, balance, and reaction, all vital and necessary for competition or training. These stretches should be performed for at least 30 seconds, covering all major muscle groups for maximal recovery after a workout or competition.

Stretches:

- Hamstring
- Glute
- Piriformis
- Low Back
- Groin
- Quadriacep
- Hip Flexor
- Calf



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Static

Hamstring Stretch



1. Lie Flat on Your Back
2. Keeping Both Legs Straight, Pull Right Leg Back Towards Body as Far as Possible
3. Keep Knee Straight Throughout Stretch
4. Hold for 30 Seconds, Then Repeat with Left Leg

Passive

Hamstring Stretch

1. Lie Flat on Your Back
2. Partner Kneels Next to You With One Knee Holding Left Leg Down
3. Partner Holds One Hand Behind Right Knee and the Other on Right Heel
4. Partner Pulls Right Leg Back Towards Body as Far as Possible
5. Keep Knee Straight Throughout Stretch
6. Hold for 30 Seconds, Then Repeat with Left Leg





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Glute Stretch



1. Lie Flat on Your Back
2. Keeping Left Leg Straight, Bend Right Leg and Pull Back Towards Body and into Chest as Far as Possible
3. Hold for 30 Seconds, Then Repeat with Left Leg

Passive

Glute Stretch

1. Lie Flat on Your Back
2. Partner Kneels Next to You with One Knee Holding Left Leg Down
3. Keeping Left Leg Straight, Partner Bends Right Leg and Pulls Back Towards Body and into Chest as Far as Possible
4. Partner Holds One Hand Behind Right Knee and One Under Right Foot
5. Hold for 30 Seconds, Then Repeat with Left Leg





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Piriformis Stretch



1. Lie Flat on Your Back
2. Bend Left Knee, and Cross Right Leg over Left Knee
3. Pull In on Left Leg, Keeping Right Crossed Over
4. Hold for 30 Seconds, Then Repeat with Left Leg

Passive

Piriformis Stretch

1. Lie Flat on Your Back
2. Bend Left Knee with Foot on Ground and Cross Right Leg over Left
3. Partner Holds Left Knee and Foot and Pushes in, While You Hold Right Knee Stable
4. Hold for 30 Seconds, Then Repeat with Left Leg





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Low Back Stretch



1. Lie Flat on Your Back
2. Keeping Shoulders Flat on Ground and Left Leg Straight, Cross Right Leg to Left Side of Body, Forming an “L” Shape with Legs
3. Hold for 30 Seconds, Then Repeat with Left Leg

Passive

Low Back Stretch

1. Lie Flat on Your Back
2. Keeping Shoulders Flat on Ground and Left Leg Straight, Partner Crosses Right Leg to Left Side of Body, Forming an “L” Shape with Legs
3. Hold for 30 Seconds, Then Repeat with Left Leg





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Groin Stretch



1. Sit Down and Bring Feet Flat Together
2. Knees Are Bent and Out to Each Side
3. Pull Feet in Towards Body and Bring Knees Closer to Ground
4. Hold for 30 Seconds, Then Repeat with Left Leg

Passive

Groin Stretch

1. Sit Down and Bring Feet Flat Together
2. Knees Are Bent and Out to Each Side
3. Pull Feet in Towards Body and Partner Helps Bring Knees Closer to Ground
4. Hold for 30 Seconds, Then Repeat with Left Leg





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Quadricep Stretch

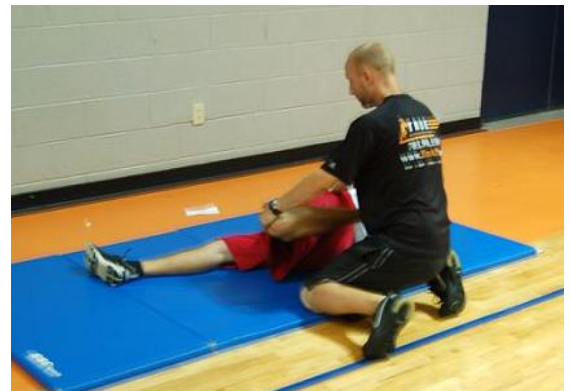


1. Lie on Left Side, Propping Head up with Left hand
2. Grab Right Foot, Bend Knee, and Pull Right Heel to Butt
3. Keep Right Leg Parallel to the Ground and Pull Straight Back
4. Hold for 30 Seconds, Then Turn and Repeat with Left Leg

Passive

Quadricep Stretch

1. Lie on Left Side, Propping Head up with Left hand
2. Partner Kneels Behind, With Hip Stabilizing Right Leg and Hand on Right Knee and Hip
3. Keep Right Leg Parallel to the Ground and Pull Heel Straight Back to Butt
4. Hold for 30 Seconds, Then Turn and Repeat with Left Leg





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Hip Flexor Stretch

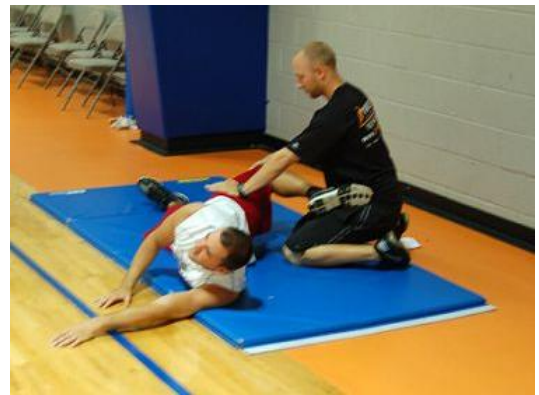


1. Kneel with Right Leg Down and Left Knee Forward
 2. Without Allowing Left Knee over Toe, Lean Forward and Keep Chest Up
 3. Roll Hips Forward and Keep Right Knee on Ground to Create Stretch in Right Hip Flexor
 4. Hold for 30 Seconds, Then Switch and Repeat with Left Leg
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Passive

Hip Flexor Stretch

1. Lie on Left Side, Propping Head up with Left hand
2. Partner Kneels Behind, With Hip Stabilizing Right Leg and Hands on Right Knee and Hip
3. Keep Right Leg Parallel to the Ground, Partner Rotates Back, Keeping Leg Bent
4. Partner Keeps Hands on Hip as Right Leg Rotates Back
5. Hold for 30 Seconds, Then Turn and Repeat with Left Leg





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Calf Stretch



1. Stand Up Next to Wall with Right Leg Back and Heel on Ground
 2. Keeping Leg Straight, Lean Body Weight Into Wall, Creating Stretch in Calf
 3. Hold for 30 Seconds, Then Switch and Repeat with Left Leg
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Passive

Calf Stretch

1. Lie Down Flat on Back
2. Partner Stands at Your Feet
3. Keeping Leg Straight, Place Right Heel on Partner's Thigh
4. Partner Pushes Elbow Down on the Ball of Right Foot, Creating Stretch in Calf
5. Hold for 30 Seconds, Then Switch and Repeat with Left Leg

