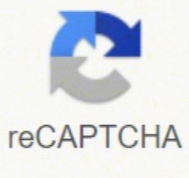




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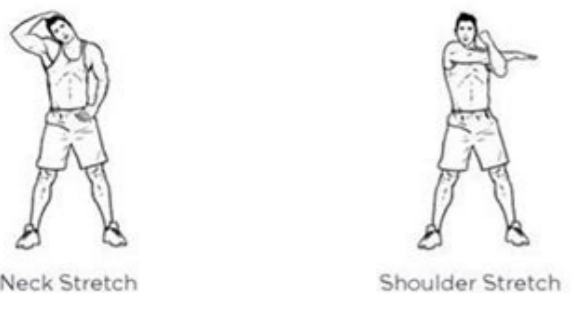
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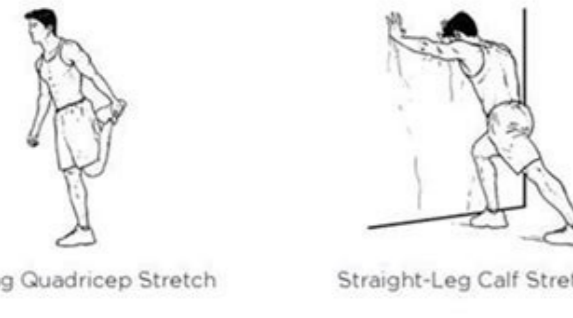
# Ballistic stretching exercises pdf



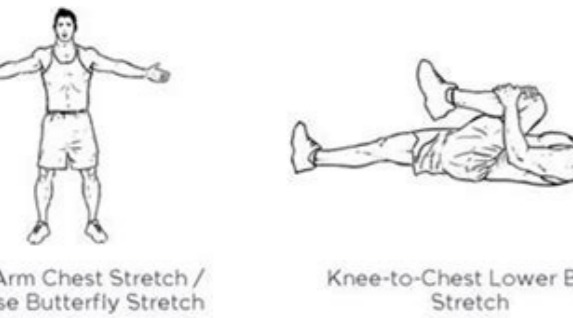
## PRINTABLE WORKOUT Essential Post-Workout Stretches



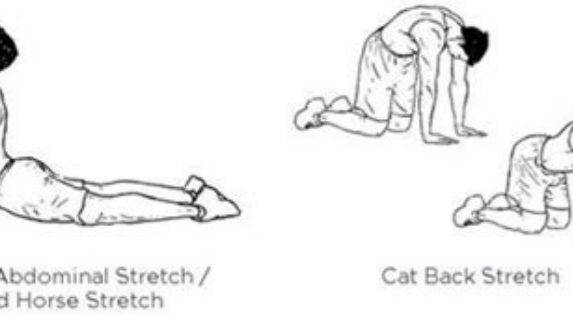
Neck Stretch      Shoulder Stretch



Standing Quadricep Stretch      Straight-Leg Calf Stretch



Wide Arm Chest Stretch / Reverse Butterfly Stretch      Knee-to-Chest Lower Back Stretch

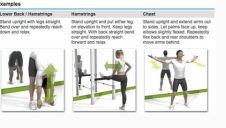


Cobra Abdominal Stretch / Old Horse Stretch      Cat Back Stretch



Hamstring Stretch

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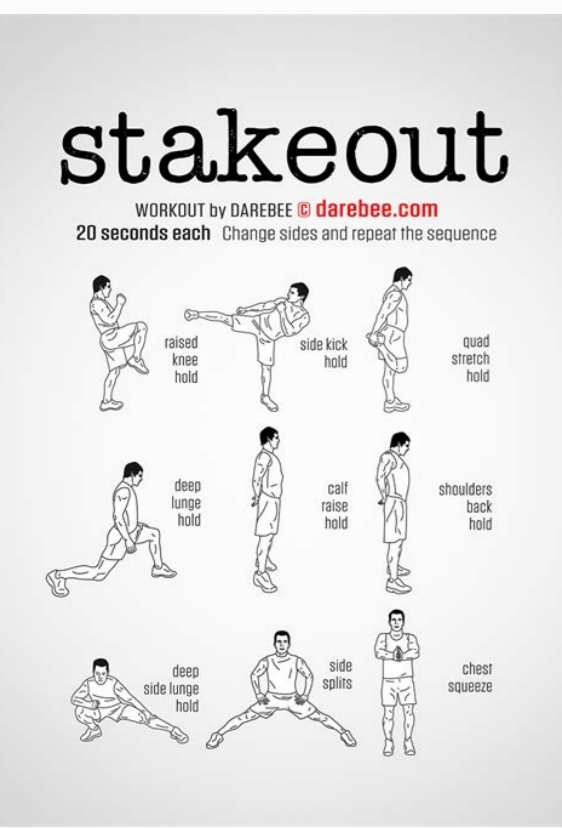
## YABIBO Your fitness is in your hands

### 4 Ballistic stretching exercises to improve body flexibility



4 Ballistic stretching exercises to improve body flexibility

People do various kinds of exercises to remain fit and healthy. Stretching exercises are commonly done for increasing flexibility. But when people look for something more rigorous, they can choose ballistic stretching exercises. These exercises are mainly done by seasoned athletes and sportspersons for increasing and improving their flexibility. Know more 4 Ballistic stretching exercises to improve body flexibility



Which is true about ballistic stretching exercises. How to do ballistic stretching. Ballistic stretching exercises examples. Is ballistic stretching dangerous.

They also help you achieve your goal of improving your flexibility. Pull the right leg up towards the chest. Keeping taut, flexible muscles can help prevent injuries. Gently pull your right knee toward your left shoulder. It hits your right arm in the air. Keep your feet in place with one hand on each foot. Hold your right leg at the knee with your left hand. Bend it at the elbow. Switch legs and repeat. If you can, slowly straighten your knee during this step. Keeping your back straight and hips forward, hold the stretch for about 30 seconds. Gently lower your knees toward the floor. Talk to your doctor about stretching any areas that might cause problems, such as painful joints or muscles, where you have had a previous injury. Bend your right knee and bring it halfway across your chest. The calf muscles are located along the back of the lower legs, below the knees. To stretch these muscles: Stand with your feet shoulder-width apart. To stretch these muscles: Stand at arm's length away from a wall. Hold both arms in front of you, parallel to the floor. Courtesy of [South agency/E+/Getty Images] To stretch your shoulders, try this technique: Stand with your feet shoulder-width apart. Switch hands and repeat these steps to stretch the right side of the back of your neck. You will feel the stretching in the left side of the back of your neck. Place the left hand on the right elbow to hold the right arm in place. To stretch these muscles: Lie on your back on a mat or other comfortable surface. Both legs should remain facing forward, and both heels should be on the floor. Remember to exhale while stretching. Resource Links: for exercise and flexibility " American Heart Association ", Mayo Clinic " Exercises and stretching "stretches" National Institutes of Health, Occupational Safety and Health Division MORE FROM SYMPTOMFIND.COM Gently pull your shoulder blades together. Tips for building flexibility with stretching Courtesy of [Hinterhaus Productions/DigitalVision/Getty Images] Want to get even more out of your regular stretching? Hamstring Stretching Courtesy of [DjordjeDurdjevic/E+/Getty Images] Your hamstrings are the muscles along the back of your thighs. Both legs should remain facing forward. The flexibility you gain from stretching can also help you perform better while you play sports or exercise. Stretching is not just for warming up and exercising. Bend your right leg up behind you. This knee should be bent. To stretch the upper back: Stand with your feet shoulder-width apart. You can do it anytime and anywhere, whether you are at home, at work, or even on vacation. Bend your legs so that the soles of your feet are flat against each other. Extend your right arm across your chest to the left. Switch arms and repeat the above steps.

Courtesy of [wera Rodsawang/Momento/Getty Images] If you have back pain or a condition such as osteoporosis, ask your doctor before attempting this stretch for the lower back: Lie on your back on a mat or comfortable surface. Switch arms and repeat. Gently pull your right leg towards your buttocks. Try this with your knees slightly raised off the floor. These tips can help you get the most out of your new routine. To stretch these muscles: Lie on your back on a comfortable surface. Hold your right leg behind your thigh with both hands. You may lose the reach of the movement you have built. Place both palms flat on the wall. To stretch these muscles: Stand at arm's length away from wall or other sturdy structure. Your right foot should be as far back as possible while keeping both heels on the ground. Keep your back in the And his eyes facing up. Put the right behind the left. Heat with a light race or cycling for about 10 minutes before stretching. Top Courtesy StretchPhoto: [Momo Productions / DigitalVision / Getty Images] As with the bottom rear stretch, you should ask your doctor before attempting this excerpt if you have back pain or a condition like osteoporosis. Quadriceps StretchPhoto Courtesy: [Xavier Lorenzo / Moment / Getty Images] The quadrals are the muscles along the front of your thighs. Keep your back flat on the floor and your eyes facing up. Keeping your back straight and your hips forward, hold the stretch for about 30 seconds. To stretch these muscles: sit on the ground with straight back. Hold in place with the left arm near the right elbow. Bend your head slightly forward, putting your hand right on top of your head. Put your left hand on the wall. Keep the following in mind: stretch at least three times a week. Bend your elbows while you bring your arms back to the stretch. Hold each excerpt for about 30 seconds. Hold your right leg in front of the knee with both hands. Piriformis StretchPhoto Courtesy: [Good Brigade / DigitalVision / Getty Images] Your piriformis muscles are located in the outer areas of your units near your hips. Even better? Gently, bend your left knee forward. Your right hand must be ringing in the center of the upper back. Hold the stretch for about 30 seconds. Gently pull the head down and right. StretchPhoto Courtesy: [Klaus Vedfelt / DigitalVision / Getty Images] Your groin muscles are located in the top of your thighs. Gently pull up until your leg is positioned at a 90-degree angle on the ground. Medically Revised by Carolin Schneider, MD Photo [Mascot / Digitalvision / Getty Images] Want to be - and stay - more flexible? One of the best things you can do is to stretch the muscles in your body regularly. Triceps. Triceps. Courtesy of [TravelCouples/Moment/Getty Images] Your triceps muscles are located along the back of the forearm. Don't jump or push your muscles to the point of pain while stretching. Pull the right leg up towards the body, keeping this knee slightly bent. Pull him gently to your chest. Allow your arms to continue pulling back slowly. Try not to get out of the habit of stretching regularly. Try these 10 basic stretches to get you started. Photo Courtesy of [DjelicS/E+/Getty Images] Stretch your neck out safely by following these steps Grab your right ankle with your right hand.

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