



Haverford College Flexibility Program

Perform All Stretches for 30 Seconds



Day 1: Active Stretching

Day 2: Passive Stretching

Day 3: Myofascial Release

Lat-Triceps Stretch:

- Extend left hand down center of back
- Use the right hand to grasp the elbow
- Pull downward on elbow
- Repeat for the right arm

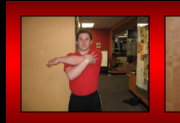


Wall Pecoral Stretch:

- Place left forearm against wall
- Keep elbow and shoulder at 90-degree angle
- Stand tall and step forward with the left foot
- Repeat for the right arm

Chest/Shoulder Stretch:

- Reach left arm across body
- Grasp left elbow and pull straight arm across body
- Repeat stretch with left elbow bent
- Repeat both stretches for the right arm



Butterfly Stretch:

- Sit with heels together and knees at 90-degrees
- Place hands on ankles with elbows on knees
- Gradually press knees down towards ground



In-Step Lunge Stretch:

- Perform a lunge stretch
- Try to touch left elbow to inside of left ankle
- Keep spine straight
- Repeat for the right leg



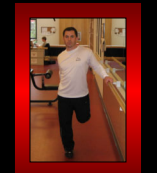
Prone Hip Stretch:

- Kneel in a modified lunge position with right leg forward
- Bend right knee and place right foot in front of left thigh
- Move right knee towards left shoulder and arms to right side
- Rotate palms up but keep shoulders square to ground
- Stretch should be felt in the hip flexors, glutes, and lats
- Repeat with the left leg forward



Standing Quadriceps Stretch:

- Use right hand to grab lower left leg
- Bend left knee and gradually pull left leg back
- Try to keep left knee aligned underneath left hip
- Maintain a tall posture throughout
- Repeat for the right leg



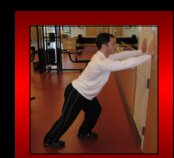
Hip Flexor Stretch:

- Begin in lunge position with right leg forward
- Internally rotate left thigh so left foot is lateral to left knee
- First, contract left glute and rotate torso towards right thigh
- Next, laterally bend so left arm reaches to right thigh
- Repeat both stretches with left leg forward in lunge



Wall Calf Stretch:

- Stand 3-4 feet from a wall with right leg back
- Push into wall and keep heels on ground
- Complete with back leg straight as well as slightly bent
- Repeat with the left leg back

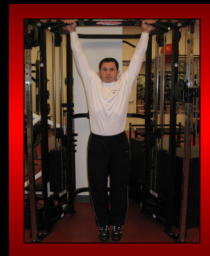


Spine Hip and Low Back Stretch:

- Lay on back with right leg crossed over left leg
- Rotate right ankle until it is under left knee
- Place left hand on right knee and pull right thigh to ground
- Keep both shoulders in contact with ground
- Repeat stretch with the left leg crossed over right leg

Hanging Lat Stretch:

- Hold onto a pull-up bar with hands shoulder-width apart
- Palms should face away from body
- Simply hang from the bar to stretch the lats



Lower Back and Lat Stretch:

- Place both hands on railing with left hand crossed over right
- Hands should be spaced shoulder-width apart
- Round spine slightly and tuck chin down towards chest
- Perform proper squat and hold stretch in down position
- Repeat with the right arm crossed over the left arm
- Repeat with both arms straight



Stretch Band Prone Hip Flexor/Quad Stretch:

- Wrap stretch band around top of right foot
- Use both hands to pull on the band
- Both right knee and thigh should raise off the ground
- Keep right knee aligned with right hip
- Keep left leg and torso in contact with the ground
- Repeat for the left leg



Stretch Band Hip Flexor/Quad Lunge Stretch:

- Begin in a lunge position
- Hold stretch band in right hand, wrapped around right foot
- Use right arm to apply light tension to the right leg
- Keep spine straight, right glute contracted, and abs braced
- Repeat for the left leg



Stretch Band "Figure 4" Stretch:

- Bend both knees at 90-degree angles
- Place outside of lower right leg on top of left thigh
- Place stretch band over top of left foot and over both legs
- Pull left knee towards chest and apply tension to stretch band
- Slowly push right knee forward
- Repeat for left leg



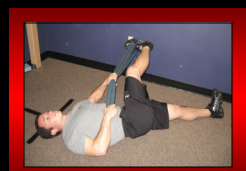
Stretch Band Supine Single-Leg Hamstring Stretch:

- Lay on back with left leg flat and right leg vertical
- Place stretch band over top of the right foot
- Gradually pull the right foot towards the head with leg straight
- Repeat with right knee slightly bent
- Repeat for the left leg



Stretch Band Supine ITR/Glute Stretch:

- Lie on back with torso and left leg flat on ground
- Pull right leg across body with stretch band around right foot
- Keep toes pointed up and right foot 6 inches above ground
- Steadily pull straight right leg towards left shoulder
- Repeat for the left leg



Stretch Band Supine Adductor Stretch:

- Lie on back with stretch band around middle of right foot
- Gradually pull right leg straight out to the side
- Keep right knee straight and left leg straight down the midline
- Keep both shoulders flat on ground
- Repeat for the left leg



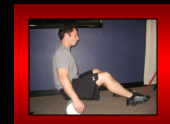
Foam Roller on Side for Lats:

- Extend left arm and place foam roller underneath lats
- Roll from the top to the bottom of the lats
- Repeat for the other side



Foam Roller Seated for Glutes and top of Hamstrings:

- Sit on top of foam roller
- Keep knees bent and feet on floor
- Roll from top of glutes through the mid-thigh



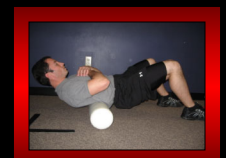
Foam Roller Seated "Figure 4" Stretch for Glutes:

- Sit on foam roller with hands on the ground
- Bend knees at 90-degrees; cross left foot over right knee
- Press left knee away from torso to stretch glute
- Roll out right glute
- Repeat with right leg on top



Foam Roller Supine for Back:

- Start with shoulder blades on foam roller
- Bend knees and keep feet on the floor
- Roll from shoulder blades to lower part of back



Foam Roller Seated for lower Hamstrings/ top of Calves:

- Sit on foam roller with hands on ground but feet off ground
- Roll from the bottom of hamstrings to the top of calves



Foam Roller Seated for bottom of Calves:

- Sit on foam roller with hands on ground
- Roll from bottom of calves to top of heels



Foam Roller Prone for Hip Flexors and Quads:

- Lie on top of foam roller
- Roll from hips down to slightly above the knee



Foam Roller Prone for Inner Thigh and Adductors:

- Balance on forearms with leg out to side at 135-degrees
- Position foam roller on inside of thigh
- Slowly roll from hip to knee
- Repeat for left leg



Foam Roller Side for Outer Thigh (ITB and TFL):

- Balance on hands with outside of right hip on foam roller
- Cross left leg over and in front of right leg
- Roll from hip to knee on the right leg
- Repeat for the left leg



Foam Roller Kneeling for Lower Leg and Shins:

- Kneel on foam roller
- Place hands on ground but keep feet off ground
- Roll from knee to ankle

