



# StretchRite<sup>®</sup>



**1** Low Back/Hamstring Stretch



**2** Hamstring Stretch



**3** Ankle Stretch



**4** Inner Thigh Stretch



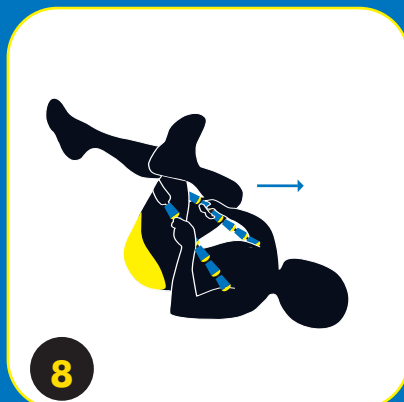
**5** Hip/Hamstring Stretch



**6** Calf Stretch



**7** Shin Stretch



**8** Buttocks Stretch



**9** Low Back/Inner Thigh Stretch



**10** Quadriceps Stretch



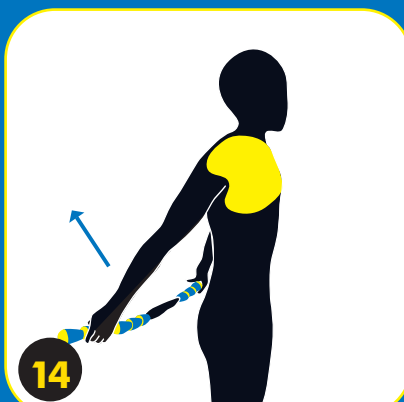
**11** Hip/IT Band Stretch



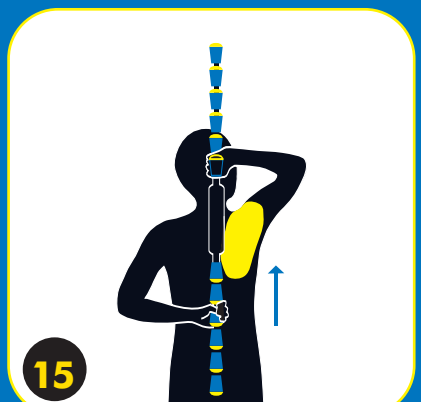
**12** IT Band Stretch



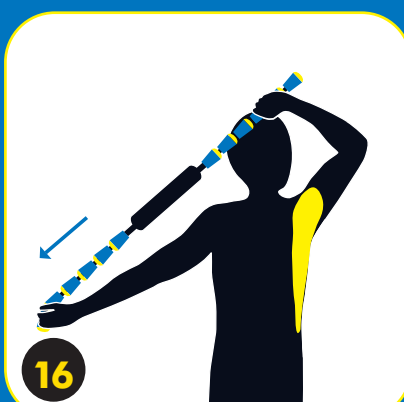
**13** Hip/Inner Thigh Stretch



**14** Shoulder/Chest Stretch



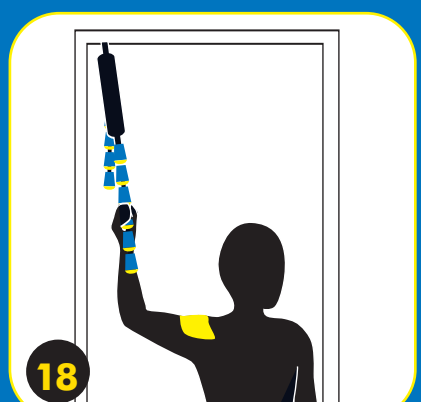
**15** General Shoulder Stretch



**16** Isolated Shoulder Stretch



**17** Shoulder Flexion Stretch



**18** Rotator Cuff Stretch



**19** Shoulder/Chest Stretch



**20** Deltoid Stretch

**Monitor Your Progress**  
Handgrips most beneficial for stretches 1, 2, 8 and 13.

Example:  
Stretch #1: Lowback/Hamstring:  
1st week: **3rd handgrip**  
6th week: **5th handgrip**  
Caution: Do not stretch to the point of pain.

**Start with comfortable handgrip, increase stretch one handgrip at a time, up to 3 grips (levels).**

The starting point will vary with each individual.

**1st Level:**

Lightly feel the stretch in the designated area.  
10—30 seconds.

**2nd Level:**

Gently increase stretch.  
10—30 seconds.

**3rd Level:**

Hold comfortable limit.  
10—30 seconds.

## Coaching Guide

Specific Sport	Best Stretches
Aerobics	1—20
General Fitness	1—20
Running	1, 2, 3, 5, 6, 7, 9, 10
Golf	1, 4, 7, 9, 12—20
Tennis	1, 3, 4, 6, 7, 9, 10, 12—20
Basketball	1, 2, 3, 5, 7, 9, 12, 13, 14
Football	1, 2, 3, 4, 6, 7, 9, 10, 14, 18, 19
Soccer	1, 2, 3, 4, 5, 7, 8, 9, 10, 11
Baseball	1, 2, 3, 6, 7, 9, 12, 13, 14, 17, 18, 20
Gymnastics	1, 3, 4, 5, 7, 8, 9, 12, 13, 14, 18, 19
Skiing	1, 2, 3, 4, 5, 7, 9, 10, 11, 12