



# "Maximum Results in Minimum Time"

## Doing the Gumby

How about some flexibility? I have two things to discuss on this topic!



1. Flexibility is important
2. You don't have to do specific flexibility exercises to increase flexibility.

Everyone needs to be flexible! There are many benefits to remaining and increasing your flexibility. A couple of examples include: allows greater range of motion and improves body function, reduction or prevention of soreness after workouts and other potentially painful conditions, improves posture, etc.

Most people think in able to increase flexibility it is necessary to do excessive stretching or long yoga sessions. Fortunately, this is not the case. First, by performing the strength exercises as explained in an earlier handout and focusing on going through a full range of motion, your flexibility will improve. However, if you'd like to add in a little extra, I recommend a few exercises that work multiple muscles and offer the biggest bang for your time. There are many more, if you have a favorite that isn't listed, go ahead and do it. Regardless of which stretches you perform, by implementing the following rules, you will improve the safety and effectiveness of the stretch.

1. Stretch only warm muscles. Do a short cardio 3-5 mins, warm-up before stretching.
2. Take each stretch through as large a range of motion as possible and hold the stretch when you are at a point just short of the pain. Feeling pain during a stretch is a sign you've gone too far. Ease back on the stretch and hold it on the edge of tenderness.
3. Incorporate stretches which stretch multiple muscles.
4. Hold each stretch for 10-30 seconds and repeat 2-3 times per muscle group.

"EVERYTHING IS  
CONNECTED AND  
EVERYTHING MATTERS"



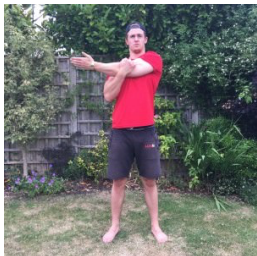
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Seated Toe Touch - sitting (don't do a standing toe touch - it's risky for the back). Sit with feet together, back straight and reach down (without rounding the back) as far as you can. Contrary to your thought process, your goal is NOT to touch the toes. If you can, that is great, but as long as you keep the back and legs straight as you reach forward until you feel a little tension in the hamstrings (back of thigh), then hold it for 10-30 seconds, release, and repeat!



Anterior Deltoid, Chest stretch - This is a great postural exercise, which can be done with the arm bent as in this picture or with a straight arm with the hand flat on the wall. Slowly turn the head, looking away from the wall and you will feel a stretch in the fingers and forearm (if the arm is straight and the hand is on the wall), chest, shoulders, neck and down the upper back.



Cross-Body Shoulder stretch - This exercise stretches the posterior musculature of the upper back. Pull the arm across the body until you feel a stretch, but not pain. Hold for 10-30 seconds, repeat 2-3x per arm.

Are there more stretches you could do - ABSOLUTELY! Will this list give you amazing general overall body flexibility in a very short amount of time (especially when combined with the strength training program you are performing)? ABSOLUTELY.

Keep working hard and lets make it happen!!!

Get Strong, Stay Fit!!!!!!

Troy