

Greatly Nurtured Development Stretching Guide

Importance of Stretching

Regular stretching maintains:

- Muscle strength
- Muscle health
- Muscle flexibility
- Motion of joints

Without stretching, there's the possibility of:

- Muscle weakness
- Lack of muscle growth
- Muscle tightness
- Lack of motion around the joints

Which puts you at risk of:

- Muscle strains
- Muscle damage
- Joint pain

The below guide informs you what stretch to do, the duration of the stretch and the frequency of the stretch:

Number	Muscle Group	Duration	Frequency
1	Calves	30 seconds	Once per day
2	Quadriceps	30 seconds	Once per day
3	Hamstrings	30 seconds	Once per day
4	Adductors	30 seconds	Once per day
5	Hip Flexor	30 seconds	Once per day
6	Groin	30 seconds	Once per day
7	Glutes	30 seconds	Once per day
8	Abductors	30 seconds	Once per day
9	Lower Back	30 seconds	Once per day
10	Obliques	30 seconds	Once per day
11	Abdominals	30 seconds	Once per day
12	Biceps	30 seconds	Once per day
13	Triceps	30 seconds	Once per day
14	Shoulders	30 seconds	Once per day
15	Upper Back	30 seconds	Once per day
16	Neck	30 seconds	Once per day
17	Full Body	30 seconds	Once per day
Total Stretching Time:		At least approximately 10 minutes	

Recommendation and disclaimer: Exercise lightly before stretching, avoid bouncing on your stretches. You will feel tension during a stretch. However, if you feel pain, stop stretching and seek professional advice. Liability falls on the person who is stretching. Always seek professional advice before engaging in any stretching and/or physical activity.