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**Stretching**

Through our program we will improve not only our health and mental state, but also physically we will improve our aerobic fitness and our bodys muscular structure. It appears we are hitting every aspect in our fitness journey, but we are missing one key aspect, our flexibility. You see the more flexible we are the farther range of motion we have in our joints. This will be vital to our long-term fitness journey, with all the tension we place on our muscles through exercise we get that “tight” feeling, this is due to our muscles shortening and in turn becoming tight. When they are tight and called upon for a burst of activity they are unable to fully extend, this puts your body in immediate risk for joint pain, strains, and muscle damage. For example, overly tight hamstrings can cause you to not fully extend your leg or straighten the knee, this will affect your walking and eventually effect the kinetic chain. Also, when doing a sudden movement that stretches the muscle such as running to grab your child it is more likely an injury may occur due to the muscles tightness. Stretching regularly helps to keep the muscles long, flexible and able to move to its full potential. Our goals are long term, stretch regularly to keep your body limber and to prevent injury. For tutorials on each stretch go to youtube.com and search [Cesarponce@soaringeaglefitness.com](mailto:Cesarponce@soaringeaglefitness.com) I have tutorials for each stretch under their specific name. Subscribe to refer to the videos fast.

**When To Stretch**

It was popular belief to stretch before workouts but recent studies have shown injuries more likely to occur while stretching “cold,” muscle fibers are still cold and not ready for the strain placed on them from stretching making it likely for an injury such as a pulled muscle to occur. It is my recommendation to stretch after your workout, the body will be warm and you will get to stretch the muscles you have just tightened. The warm up I have written in your program is enough to prepare your body for exercise but If you feel the need to do a stretch before exercising I recommend doing dynamic stretches.

**Proper Stretching**

* Hold each stretch for 30 seconds
* Stretch for a total of 10-15 minutes after exercise
* Do Not Bounce, this can cause injury
* Stretch the muscles which you worked and the ones that feel “tight”
* Do not hold your breath during stretches
* You should feel tension not pain
* If you feel pain stop stretching that muscle and contact me