

Exercise of the Month

-September-

Back to school! This month marks a "beginning" for many people. If you have not been getting in as many workouts a week as you should, now is the time to pick up the intensity again. September's exercise of the month features exercises for flexibility. Flexibility prevents injury to the muscles, and also enhances your workout, so make sure to perform flexibility exercises daily. Do not "bounce" while you are stretching, and hold the position for 30-45 seconds.

Exercise Description:

Standing quad stretch

Instructions:

1. Standing with a shoulder width stance and hang onto an object for support.
2. Bring one foot up and grab with your hand.
3. Pull your foot up until you feel a stretch on the front of your thigh.
4. Hold for the prescribed time and repeat with the other leg.



Exercise Description:

Supine Hamstring Stretch

Instructions:

1. Lie on back and place rope or towel over the foot. Other leg should remain flat on floor at all times.
2. Slowly straighten knee until stretch is felt in back of thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight to isolate stretch in hamstring.



Exercise Description:

Chest (wall)

Instructions:

Place an outstretched arm against a wall or doorway and lean forward with that shoulder.

You should feel a stretch in your chest when you lean forward. Hold for the recommended number of seconds.

Repeat with the other arm.

