APPENDIX L: EXERCISES FOR STRETCHING

1. SEATED TOE TOUCH for back and hamstrings. With toes pointed, slowly slide hands down legs until you feel stretch; hold position and bob lightly to increase stretch. Grasp ankles and slowly pull until head approaches legs. Relax. Draw toes back and slowly attempt to touch toes. Repeat several times.

2. KNEE PULL for thigh and trunk. Pull leg to chest with arms and hold for count of 5. Repeat with opposite leg (8 to 10 times each leg).

3. TOE PULL for groin and thighs. Pull on toe while pressing legs down with elbows
4. **BACKOVER** for hamstrings and lower back. Lie on the floor. Bring legs over the head and try to touch the floor with toes until you feel stretch. Hold for count 10. Repeat and relax periods for one minute.

5. **STRIDE STRETCH** for inside thigh muscles. Slowly slide into stride position with front foot almost flat on floor, and rear foot on toes. Put hands on chair or floor for balance. Hold for 10 counts. Switch legs.

6. **WALL STRETCH** for legs. Stand 3 feet from wall, feet slightly apart. Put hands on wall. With heels on ground, lean forward slowly and feet stretch in calves. Hold position for 15 to 20 seconds. Repeat several times.
7. **FLEXED LEG-BACK STRETCH** for legs and back. Stand erect, feet shoulder width apart. With knees slightly flexed, slowly bend over, touching the ground between the feet. Hold for 10 seconds. Repeat several times.

![FLEXED LEG-BACK STRETCH](image)

8. **STANDING TOE TOUCH** for legs. With legs straight, slowly bend over and reach as far as possible. Hold for 5 counts then bob lightly. Repeat several times.

![STANDING TOE TOUCH](image)

9. **SIDE BENDER** for trunk. Extend one arm overhead, other on hip. Slowly bend to side; bob gently. Repeat 5 times each side

![SIDE BENDER](image)
10. SIDE TWISTER for trunk. With feet comfortably apart, extend arms palms down. Twist one side as far as possible. Repeat to other side. Five repetitions each side.

![Side Twister Illustration]

11. ELBOW TRUST for shoulder and back. Feet apart, arms bent, hands in front of chest, elbows out to side. Without arching back, rhythmically thrust elbows backwards then return to starting position. Repeat 15 times.

![Elbow Trust Illustration]

12. NECK CIRCLES for neck. With feet apart, gently roll head in full circle, first in one direction, then in the other; 3 circles each direction.

![Neck Circles Illustration]
13. **JUMPING JACKS** for legs and trunk. Arms at sides. On count one, jump and spread feet apart and simultaneously swing arms over head. On count 2, return to starting position. Use a rhythmic moderate cadence. Repeat 15 to 25 times.

14. **SQUAT THRUST.** On count 1, squat and place hands on floor, shoulder width apart. On count 2, thrust legs back so body in pushup position. On count 3, return to squat and on count 4, return to standing position. Repeat 10 to 15 times. Add pushups for variation.
15. RUN IN PLACE. Start slowly, increase rate, height of leg lift, or both. As training progresses, run in place between subsequent conditioning exercises.

16. LEG LIFTS. On back with arms at sides, lift legs slowly to 90 degree angle; hold 6 inches off ground (keep back flat)

17. SIT-UP. On back with knees bent, arms folded across chest, with hands on opposite shoulders, curl up and touch elbows to knees and return. Do as many as possible.
18. SIDE LEG LIFTS. Lie on side, head supported by elbow and hand, other hand on floor in front. Lift leg as high as possible, return; 10 to 20 times each leg.

![Side Leg Lifts](image1)

19. SQUAT JUMPS. Stand with hands on hips, one foot a step ahead of the other. Squat until front leg is at a 90 degree angle, jump as high as possible, extending the knees. Switch position of feet on way down and jump again; 10 to 20 repetitions.

![Squat Jumps](image2)

20. INDIAN HOPS. Do one leg hops, alternate legs with a balance step between hops. Do ten times each leg, work up to 2 sets of 20.

![Indian Hops](image3)