



# Exploring 4-H at Home

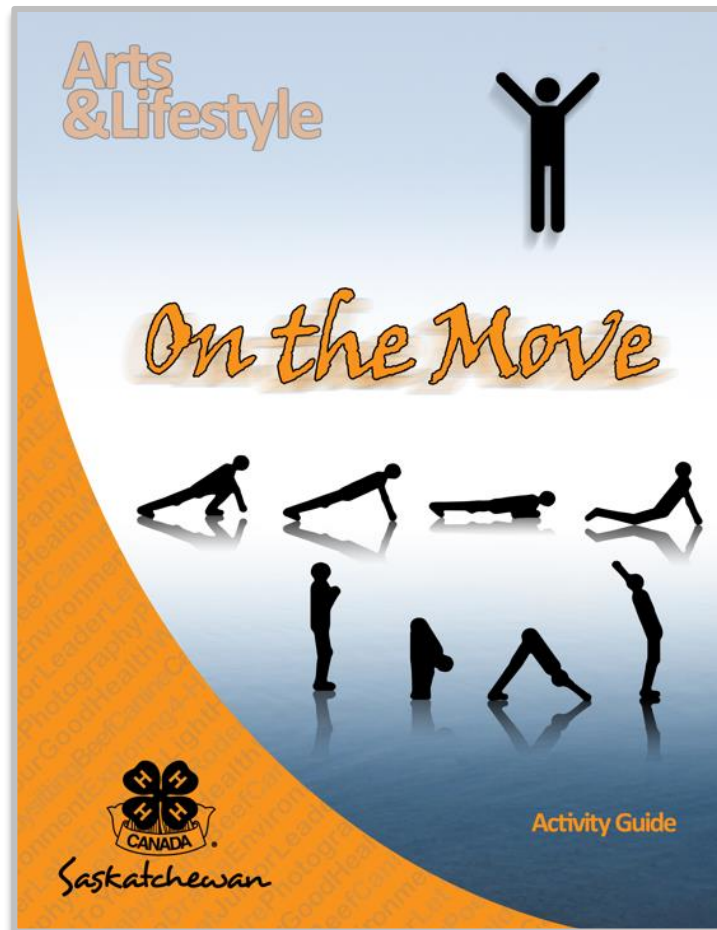


Environment & Healthy  
Living

**Pillar:** Environment & Healthy Living

**Project:** On the Move

**Activity:** Flexibility (pg. 42)



## *Flexibility*

Flexibility is an important part of healthy living. Regular stretching can help prevent injury, which is great because most flexibility exercises require little or no equipment! Before stretching it is important to warm up a little. This allows your muscles to relax and gives you a better stretch. You could jog, do jumping jacks or simply bounce around! See the diagram on the next page for some stretches for different body parts. If it hurts, stop, but you should feel some tension if you are going far enough. Be especially careful when stretching your neck and head.

Don't forget to post a picture of your stretches on the 4-H Saskatchewan Exploring 4-H At Home Page and use #exploring4hathome

# Stretching

# Exercises



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



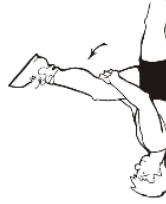
**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)



**13. Lumbar Flexion Stretch**  
(be gentle if sore)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)



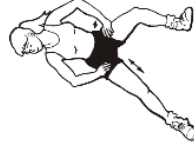
**18. Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)



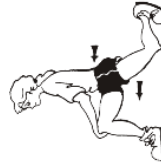
**19. Gluteal and Lumbar Rotation Stretch**



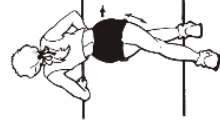
**21. Quadriceps Stretch**



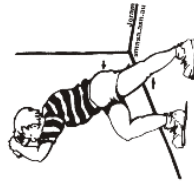
**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)