

Stretching for Crew

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat. **Download "Warm-up/Cool-down Routine."**

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

Stretch #1, Reaching-up Shoulder Stretch is for the muscles of the Shoulders

Place one hand behind your back and then reach up between your shoulder blades.



Stretch #2, Sitting Knee -up Rotation Stretch is for the muscles of the Lower Back

Sit with one leg straight and the other leg crossed over your knee. Turn your shoulders and put your arm onto your raised knee to help rotate your shoulders and back.

Stretch #3, Kneeling Forearm Stretch is for the muscles of the Upper Arms

While crouching on your knees with your forearms facing forward and hands pointing backwards, slowly move rearward



Stretch #4, Elbow-out Rotator Stretch is for the muscles of the Shoulders

Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward .



Stretch #5, Arm-down Rotator Stretch is for the muscles of the Shoulders

Stand with your arm out and your forearm pointing downwards at 90 degrees. Place a broom stick in your hand and behind your elbow . With your other hand pull the top of the broom



Stretch #6, Kneeling Back Rotation Stretch is for the muscles of the Lower Back

Kneel on the ground and raise one arm. Then rotate your shoulders and middle back while looking upwards.



Stretch #7, Arm-up Rotator Stretch is for the muscles of the Shoulders

Stand with your arm out and your forearm pointing upwards at 90 degrees . Place a broom stick in your hand and behind your elbow. With your other hand pull the bottom of the broom stick forward.



Stretch #8 Kneeling Forearm Stretch is for the muscles of the Upper Arms

While crouching on your knees with your forearms facing forward and hands pointing backwards , slowly move rearward.

Stretch #9, Standing Leg-up Toe-in

Hamstring Stretch is for the muscles of the Hamstrings

Stand upright and raise one leg on to an object. Keep that leg straight and point your toes upwards . Then point the toes of your other foot inward and lean forward while keeping your back straight.



Stretch #10, Sitting Knee -up Rotation Stretch is for the muscles of the Lower Back

Sit with one leg straight and the other leg crossed over your knee. Turn your shoulders and put your arm onto your raised knee to help rotate your shoulders and back.



Stretch #11, Sitting Neck Flexion Stretch is for the muscles of the Neck

While sitting on a chair, cross your arms over and hang on to the chair between your legs. Let your head fall forward and then lean backwards .



Stretch #12, Kneeling Reach-around Stretch is for the muscles of the Sides

Kneel on your hands and knees and then take one hand and reach around towards your ankle. Keep your back parallel to the ground.



Stretch #13, Sitting Cross-legged Reach Forward Stretch is for the muscles of the Hips

Sit cross legged and keep your back straight. Then gently lean forward.



Stretch #14, Standing Toe-down Hamstring Stretch is for the muscles of the Hamstrings

Stand with one knee bent and the other leg straight out in front. Point your toes towards the ground and lean forward. Keep your back straight and rest your hands on your bent knee.

Stretch #15, Assisted Triceps Stretch is for the muscles of the Upper Arms

Stand with your hand behind your neck and your elbow pointing upwards. Then use your other hand to pull your elbow down.



Stretch #16, Bent Arm Shoulder Stretch is for the muscles of the Shoulders

Stand upright and place one arm across your body. Bend your arm at 90 degrees and pull your elbow towards your opposite shoulder.