

Stretches for Wrestling

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, Standing Lean-back Stomach Stretch is for the muscles of the Stomach

Stand upright with your feet shoulder width apart and place your hands on your buttocks for support. Look upwards and slowly lean backwards at the waist.



Stretch #2, 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 #3, Kneeling Chest Stretch is for the muscles of the Shoulders

Kneel on the floor in front of a chair or table and interlock your forearms above your head. Place your arms on the object and lower your upper body toward the ground.



Stretch #4, Back Arching Stomach Stretch, is for the muscles of the Stomach

Sit on a Swiss ball and slowly roll the ball forward while leaning back. Allow your back and shoulders to rest on the ball and your arms to hang to each side.



Stretch #5, Kneeling Face-down Adductor Stretch, is for the muscles of the Adductors

Kneel face down with your knees and toes facing out. Lean forward and let your knees move outwards.

Stretch #6, Standing Lean-back Side Stomach Stretch is for the muscles of the Stomach

Stand upright with your feet shoulder width apart and place one hand of your buttocks. Look up and slowly lean backwards at the waist, then reach over with your opposite hand and rotate at the waist.



Stretch #7 Seated Partner Assisted Chest Stretch is for the muscles of the Shoulders

Sit on the ground and have a partner stand behind you. Reach behind with both arms and have the partner further extend your arms.

Stretch #8 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 #9, Rotating Stomach Stretch is for the muscles of the Stomach

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and raise up by straightening your arms. Then slowly bend one arm and rotate that shoulder towards the ground.



Stretch #10, Squatting Leg-out Adductor Stretch is for the muscles of the Adductors

Stand with your feet wide apart. Keep one leg straight and toes facing forward while bending the other leg and turning your toes out to the side. Lower your groin towards the ground and rest your hands on the bent knee or the ground

Stretch #11, Sitting Feet-together Reach Forward Stretch is for the muscles of the Adductors

Sit with the soles of your feet together and your knees out, then gently reach forward.



Stretch #12, Standing Leg Resting Hip Stretch is for the muscles of the Hips

Stand beside a chair or table for balance, bend one leg and place your other ankle on to your bent knee. Slowly lower yourself towards the ground.

Stretch #13, Lying Abductor Stretch is for the muscles of the Abductors

Lean on your side on the ground and bring your top leg up to your other knee. Push your body up with your arm and keep your hip on the ground.



Stretch #14, Reach-up Back Stretch, is for the muscles of the Upper Back

Stand with your arms crossed over and then raise them above your head. Reach up as far as you can.



Stretch #15, Leaning Abductor Stretch is for the muscles of the Abductors

While standing next to a pole, or door jam hold onto the pole with one hand. Keep your feet together, and lean your hips away from the pole. Keep your outside leg straight and bend your inside leg slightly.



Stretch #16, Lying Knee Roll-over Stretch, is for the muscles of the Lower Back

While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees .



Please be advised that all images used in this manual have been supplied by Brad Walker and The Stretching Institute™. Brad is a leading stretching and sports injury consultant with nearly 20 years experience in the health and fitness industry. For more articles on stretching, flexibility and sports injury management, visit The Stretching Institute™ at www.TheStretchingInstitute.com