



## Human Anatomy and Stretching Lesson

### Stretching Protocol:

For the following static stretching exercise routine, please follow the below general recommendations:

- The goal of static stretching is to use slow, sustained muscle lengthening to increase the range of motion (ROM), thus flexibility.
- Flexibility exercises could be performed after moderate or vigorous activities as part of the cool-down segment or as an activity itself. If not performed right after moderate to vigorous activities, you should perform a general warm-up before stretching to increase body temperature and to warm the muscles to be stretched.
- It is important to stretch the muscles slowly to the limit of the movement to a position of mild discomfort, not to the point of pain.
- Keep breathing slowly and rhythmically while holding the stretch.
- Hold your stretch for 15-30 seconds, with 2-4 repetitions of each exercise.
- Flexibility exercise routine should be performed a minimum of 2 to 3 days a week, but preferably daily while respecting the above recommendations.
- Overall, your stretching session should last between 15 to 30 minutes.