



Take it With You™ Sheets:

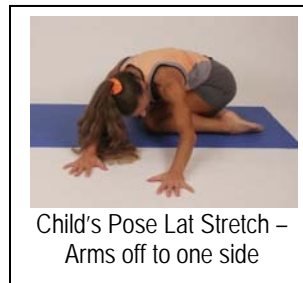
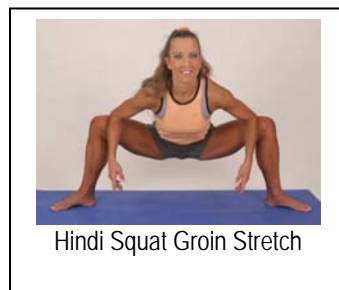
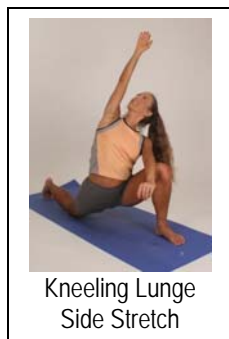
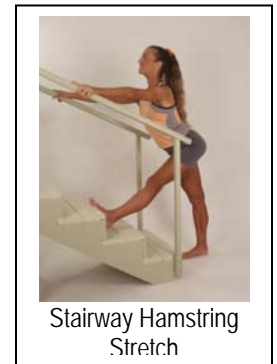
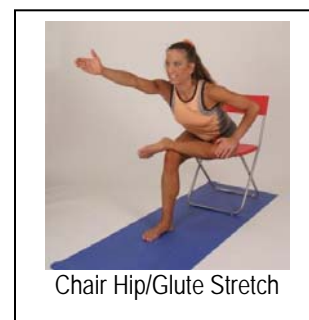
## Stretches for Martial Arts

*Given the vast diversity among martial arts, it would be impossible to summarize the needs of all practitioners in one single program. However, as a general rule, most martial artists face the unique challenge of needing a high degree of flexibility and both explosive and static strength. The stretches below help to build the foundation to maximize agility across those three elements.*

**Key Muscles:** Hamstrings, Gluteal/Hip, Chest, Lats, Groin

**Warm-up Considerations:** If you're doing these stretches at the end of a workout, no warm-up is needed.

**Stretches and Exercises:**



**Final Relaxation:** Optional: Lie on your back, eyes closed, breathing slowly and comfortably for 2-3 minutes, clearing the mind and relaxing your body in the process.

## ADDITIONAL GUIDELINES

**Optimal timing:** At the end of a workout or training session.

**How often:** Most helpful: 3-4 times a week; minimum: once a week

**Helpful Hints:**

- Perform only what you're familiar with and can perform with good form.
- Ease into the stretches slowly and gently, and don't forget to breathe.
- Avoid any position that causes pain or discomfort.
- Hold each position for at least 30-40 seconds to reap the full benefit.
- Check with your doctor before beginning this or any exercise program.



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