



VIP HEALTH COACH
917-331-3500

WWW.VIPHEALTHCOACH.COM
VIPHEALTHCOACH@GMAIL.COM

InstantStretch v3.1

Warning

The stretching exercises presented in this routine are intended as an educational resource and are not intended as a substitute for proper medical advice. Please consult your physician, physical therapist or the person who gave you this routine before performing any of the stretching exercises described in this routine, particularly if you are pregnant, elderly or have any chronic or recurring muscle or joint pain. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

This is a personalized InstantStretch routine for all clients 1 22-60.

Age:	22 -50	Fitness Level:	General
Gender:	Male	Max # of Stretches:	21
Height:	6 ft	Program Type:	Custom Design
Weight:	150 lbs	Routine for:	

Additional notes and comments for all clients 1 22-60

Stretching Time - Morning 7 AM to 8 AM.

Instructions for all clients 1 22-60

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.

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 on the next page 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. Where appropriate, stretches should be done on both sides.

Stretch #A08

Parallel Arm Shoulder Stretch, is for the muscles of the Shoulders

Stand upright and place one arm across your body. Keep your arm parallel to the ground and pull your elbow towards your opposite shoulder.



Stretch #A16

Reverse Shoulder Stretch, is for the muscles of the Shoulders

Stand upright and clasp your hands together behind your back. Slowly lift your hands upward.



Stretch #B06

Assisted Reverse Chest Stretch, is for the muscles of the Shoulders

Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench. Bend your arms and slowly lower your entire body.



Stretch #E06

Standing Rotational Hip Stretch, is for the muscles of the Hips

Stand beside a table and raise your lower leg out to the side and up onto the table. Then slowly lower your body.



Stretch #K01

Standing Toe-up Achilles Stretch, is for the muscles of the Lower Calves

Stand upright and place your toes against a step or raised object. Bend your leg and lean towards your toes.



Stretch #K02

Single Heel-drop Achilles Stretch, is for the muscles of the Lower Calves

Stand on a raised object or step and place the toes of one of your feet on the edge of the step. Bend your leg and let your heel drop towards the ground.

