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are keen to achieve a level of flexibility that will enhance their performance - sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected



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## **The Complete Guide to Stretching for Runners**

*Page 13/49*

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understanding of the principles and practice of this often neglected component of physical fitness - sport and exercise therapists who use stretching as an important part of a balanced

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very important to bodybuilders. Many of us stretch our muscles, but some do not. This article is about the importance of stretching, how it can benefit you, and how to properly stretch.-What

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exactly does stretching do?

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Dynamic stretching is the act of taking a muscle to the end of its range and

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then rather than holding the stretch contracting the muscle that is being stretched. In this way we can strengthen a muscle in its new range. These stretching exercises help to increase flexibility,

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easy to follow and explain what muscle groups are targeted and that stretch's benefits for pain relief and physical appearance.

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recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance. A reasonable level of flexibility is essential to the healthy functioning of joints and muscles, which in

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turn facilitates  
performance...

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*Page 36/49*

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performance - sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness - sport and exercise

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therapists who use stretching as an important part of a balanced rehabilitation program A reasonable level of ...

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to safely increase range of motion right across the body.

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cord. Keep your upper body  
relaxed and both legs  
straight as you... 2. Lying  
gluteal stretch against  
wall. Keep the ankle of your  
front leg just below your  
knee... 3. Groin stretch.

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