

StretchRite®

by PROSTRETCH®

COACHING GUIDE

Start with a comfortable handgrip, increase stretch one handgrip at a time, as flexibility allows.

The starting point will vary with each individual.

Low Intensity:

Lightly feel the stretch in the designated area.
Hold for 10-30 seconds.

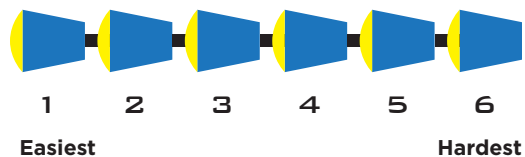
Medium Intensity:

Gently increase stretch.
Hold for 10-30 seconds.

High Intensity:

Hold comfortable limit.
Hold for 10-30 seconds.

Monitor Your Progress:



Caution: Do not stretch to the point of pain.



1 Low Back / Hamstring Stretch



2 Hamstring Stretch



3 Ankle Stretch



4 Inner Thigh Stretch



5 Hip/Hamstring Stretch



6 Calf Stretch



7 Shin Stretch



8 Buttocks Stretch



9 Low Back / Inner Thigh Stretch



10 Quadriceps Stretch



11 Hip / IT Band Stretch



12 IT Band Stretch



13 Hip / Inner Thigh Stretch



14 Shoulder / Chest Stretch



15 General Shoulder Stretch



16 Isolated Shoulder Stretch



17 Shoulder Flexion Stretch



18 Rotator Cuff Stretch



19 Shoulder / Chest Stretch



20 Deltoid Stretch