

A man is shown from the back, performing a shoulder stretch by pulling one arm across his back. The image is overlaid with a semi-transparent red filter. In the background, a mirror reflects the man's front view.

Performance Stretching Guide

Essential mobility exercises designed to improve flexibility, support recovery, and enhance range of motion

FITNESS
FOR **PROS**

Static Stretch Sequence

Pg #	Stretch	Target	Reps	Hold Time
3	Standing Quad	Quads	3 / side	10 seconds
4	Standing Calf	Soleus	3 / side	10 seconds
5	Standing Triceps	Triceps	3 / side	15 seconds
6	Standing Pecs	Pectorals	3	15 seconds
7	Bent-Over Lats	Latissimus dorsi	3	10 seconds
8	Lying Hamstrings	Hamstrings	1 / side	30 seconds
9	Standing Hamstrings	Hamstrings	1 / side	30 seconds



Stretch #1

Standing Quad

How to perform

- Stand tall and hold a wall or support for balance
- Bring one foot up behind you and grab it with your hand
- Keep your knees close together and torso upright
- Gently pull your heel toward your glutes
- For a deeper stretch, push your hips slightly forward
- Hold, then switch sides



Target Quads



Reps 3 / side



Hold Time 10 seconds



Stretch #2

Standing Calf

How to perform

- Start with feet hip-width apart
- Step one foot back and bend both knees
- Keep your back heel fully planted
- Lean forward slightly while staying upright
- You should feel the stretch deeper, lower in the calf
- Hold, then switch sides



Target Soleus



Reps 3 / side



Hold Time 10 seconds

Stretch #3

Standing Triceps

How to perform

- Raise one arm overhead and bend it at the elbow
- Let your hand drop behind your upper back
- Use your other hand to gently press the elbow down
- Keep your chest upright
- Feel the stretch along the back of your arm
- Hold, then switch sides



Target Triceps



Reps 3 / side



Hold Time 15 seconds





Stretch #4

Standing Pecs

How to perform

- Stand beside a wall, pole, or vertical support
- Place one arm straight out at shoulder height against the surface
- Keep your palm in contact and a slight bend in the elbow
- Slowly rotate your torso away from the arm
- Keep your chest lifted and shoulders relaxed
- Move until you feel a stretch across your chest and front shoulder
- Hold, then switch sides



Target Pectorals



Reps 3



Hold Time 15 seconds



Stretch #5

Bent-Over Lats

How to perform

- Stand facing a stable bar or surface at hip height
- Place both hands on the bar and step back
- Hinge at your hips, keeping your arms straight
- Lower your chest toward the floor while maintaining a neutral spine
- Keep your knees slightly bent if needed
- Feel the stretch along your sides and upper back
- Hold, then gently return to the start



Target Latissimus dorsi



Reps 3



Hold Time 10 seconds

Stretch #6



Lying Hamstrings

How to perform

- Lie on your back and lift one leg straight up
- Hold behind your thigh or use a towel if needed
- Keep the opposite leg flat on the ground
- Gently pull your raised leg toward you
- Keep the leg as straight as possible
- Hold, then switch sides



Target Hamstrings



Reps 1 / side



Hold Time 30 seconds



Stretch #7

Standing Hamstrings

How to perform

- Stand with your feet hip-width apart
- Slowly hinge forward at your hips
- Let your arms hang toward the floor or reach for your feet
- Keep your legs as straight as comfortable
- Relax your neck and allow your head to drop
- Feel the stretch along the back of your legs
- Hold, then slowly return to standing



Target Hamstrings



Reps 1 / side



Hold Time 30 seconds