

# Stretch Sheet 2



\*\*\* **Always better** to **UNDER-STRETCH** than to..**OVER-STRETCH** !

- \* **“No PAIN – No GAIN”** attitude doesn’t work here.
  - \* **Relax – Relax & Relax** .... while **stretching** and **holding**. **No bouncing!**
  - \* Determine “your” **Holding Times**, (30 counts per max.// 10 cp min.) record on Sheet.
  - \* Listen to what your muscles are saying. “stretch and hold me”..while relaxing !
- (Remember to do both **right and left sides** on #'s 24,25,5,26,27,28,38,39,40,44.)