BIGGER FASTER STRONGER

1-2-3-4 FLEXIBILITY PROGRAM

Each exercise should be held either once for 30 seconds or for 3 repetitions of 10 seconds each. The stretch should not be done with a bounce but worked in a slow and controlled manner. Stretch every day and work with intensity. **The 1-2-3-4 stands for One Minute on the Bench, Two Minutes in the Air, Three Minutes on the Wall and Four Minutes on the Floor.**

THE DOT DRILL IS MADE UP OF FIVE DIFFERENT DRILLS, EACH DONE SIX TIMES.

1 ON THE BENCH

Hamstring & Back Stretch

Keep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds.

2 IN THE AIR

Latissimus Stretch

Cross your hands and raise your arms above your head and as far back as possible.

Pectoral Stretch

Cross your hands behind your back, raise your arms up and back as far as possible. Stand tall.

3 ON THE WALL

Calf Stretch

With hands on the wall for balance, move hips forward and push back heel down. keep leg straight. Switch after 30 seconds.

Achilles Stretch

Same as Calf Stretch but slightly bend knee, keep heel 1” off the ground & squat down increasing load on Achilles tendon.

Quadriceps Stretch

Take one hand off the wall, and grab foot. Pull leg straight up and away from buttocks. Knee should be at a 90º angle

4 MINUTES ON THE FLOOR

Abdominal Stretch

Lay flat on the floor, put hands on the floor shoulder width apart, extend elbows creating and arch in the back. Relax.

Adductor Stretch

With feet as far apart as possible, grab ankles or feet and pull the torso slowly toward the floor. If you can’t reach your toes then place two fists on the floor behind you and push forward.

Groin Stretch

Sit with bottom of feet together, grab feet or ankles, pull in and press down with elbows on the thighs toward the floor.

Gluteus Maximus Stretch

Twist torso with opposite arm. Press knee firmly with arm, forcing the knee to the other side of the lower leg then switch after 30 seconds.

Hip Flexor Stretch

Place front foot two feet in front of knee, place hands on knee and force hips forward and down. Spread the chest - eyes straight ahead. Make sure the front lower leg is perpendicular.

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