

PART II

ALL-STAR STRETCHES

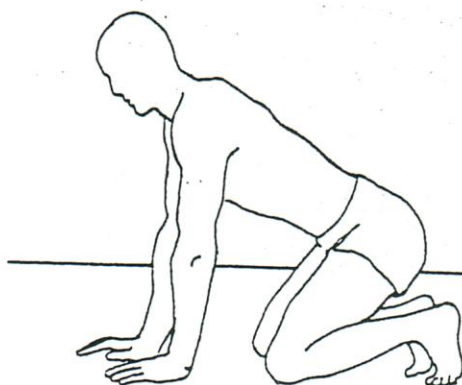
Athletes and coaches are confronted with the challenge of managing their workout time optimally. In addition, there is the dilemma of selecting a few from hundreds of potential exercises. To guarantee that a minimal level of stretching is achieved in order to optimize performance and reduce the risk of injury, I identify 12 "All-Star" stretches to serve as a series of fundamental stretches. What makes these exercises "All-Stars"? They cover the major muscle groups and regions of the body; they can be easily performed individually by healthy athletes in most disciplines; and they require just 10 to 15 minutes to perform.



12 ALL-STAR STRETCHES

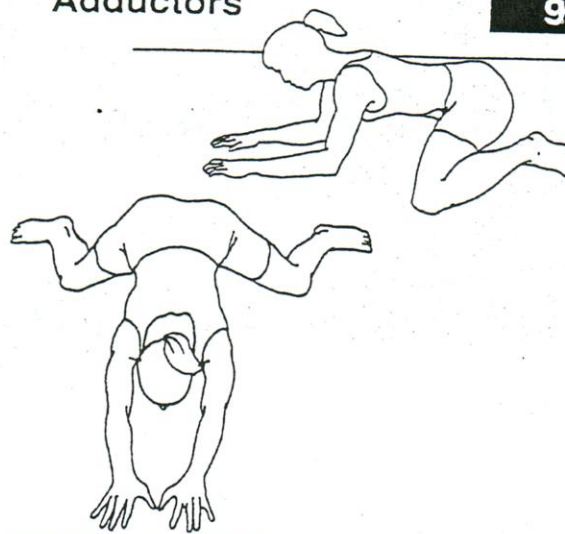
Feet and ankles

4



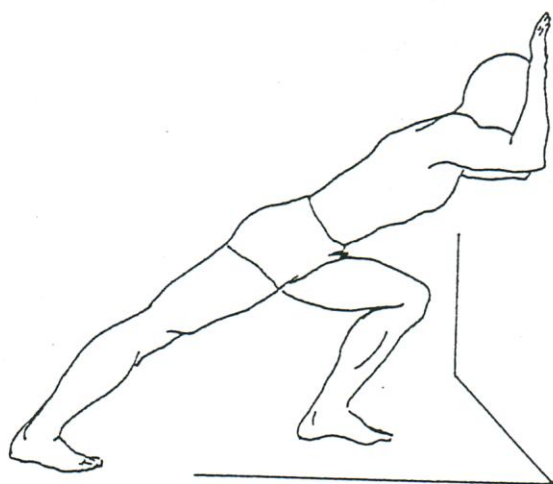
Adductors

9



Lower legs

24



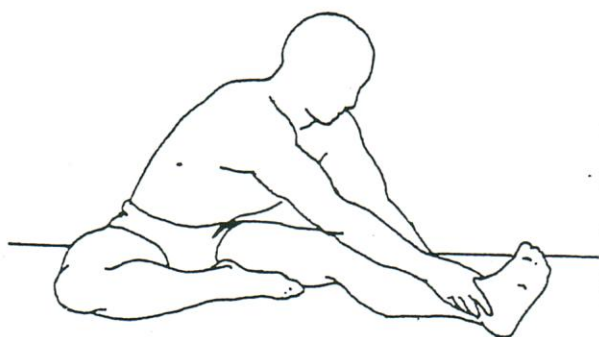
Quadriceps

134



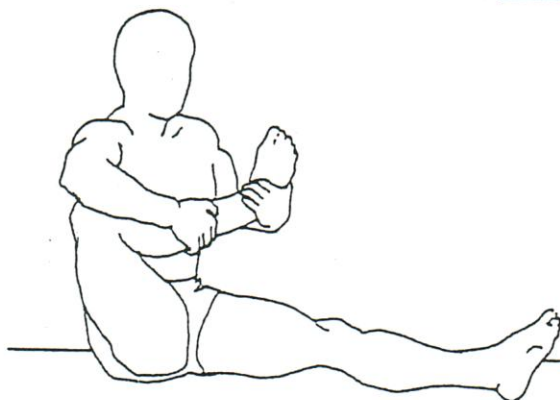
Hamstrings

50



Hips and gluteals

157



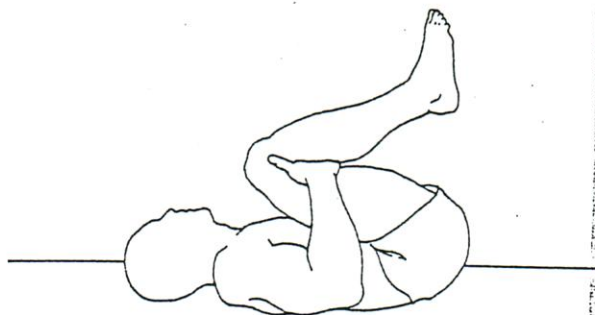
12 ALL-STAR STRETCHES

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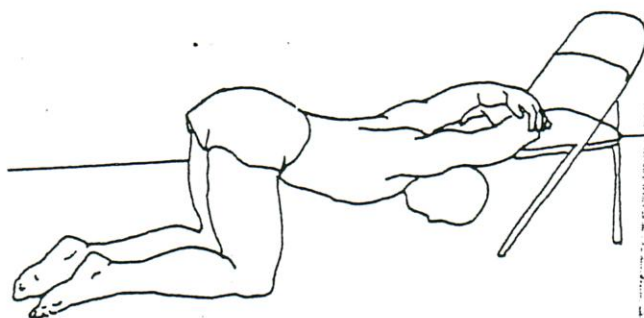
Lower torso

197



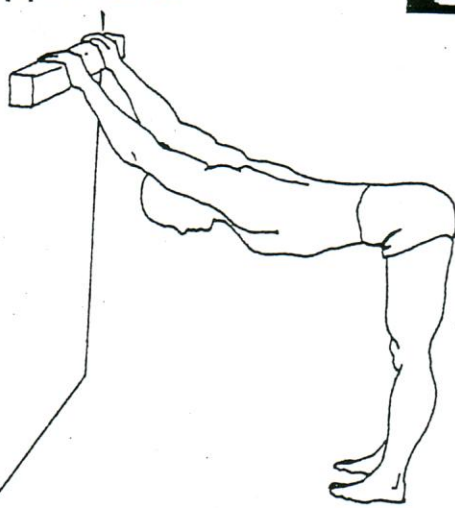
Pectorals

250



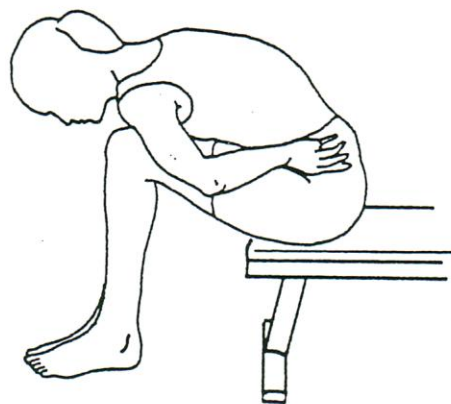
Upper back

227



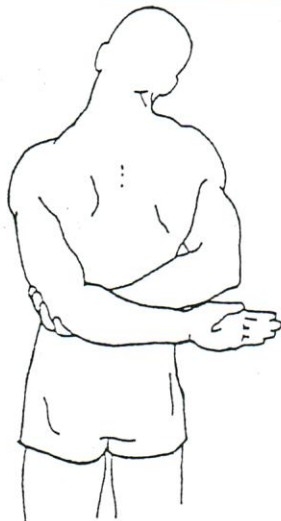
Shoulders

280



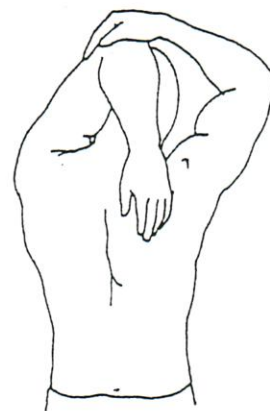
Neck

243



Arms and wrists

298



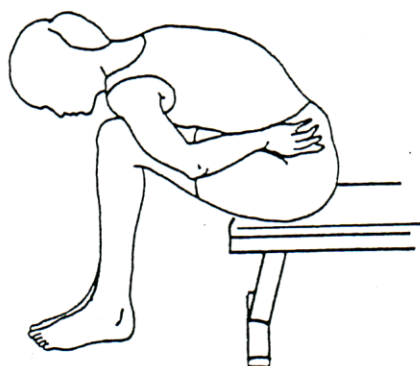


28 MAXIMAL ISOLATION ALL-STARS

(continued)

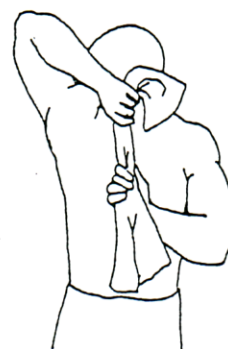
Shoulder external
rotators (posterior)

280



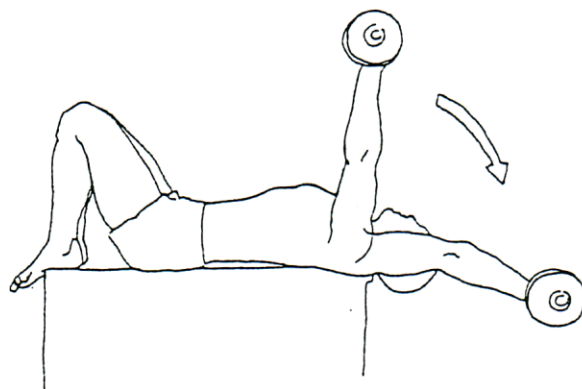
Triceps brachii

299



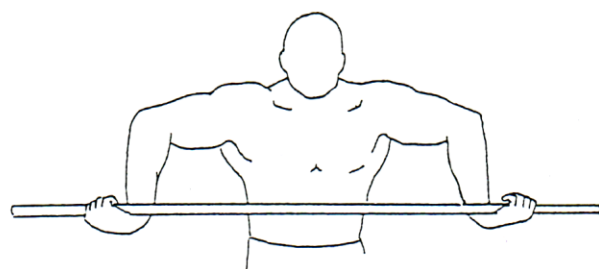
Shoulder extensors

293



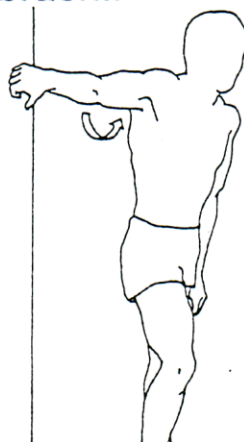
Wrist extensors

306



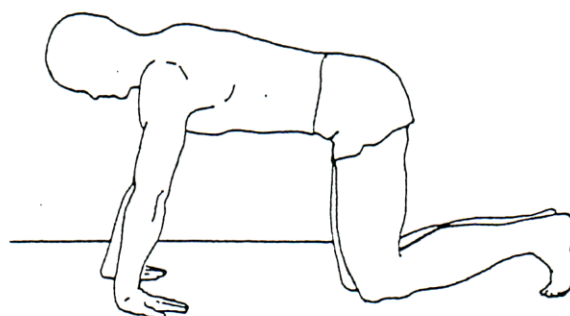
Biceps brachii

295



Wrist flexors

310



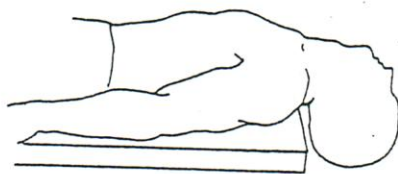
28 MAXIMAL ISOLATION ALL-STARS

(continued)



Anterior neck

245



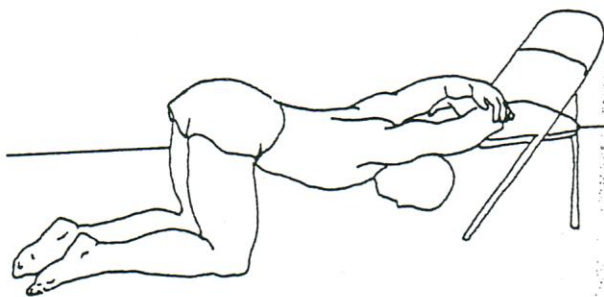
Medial shoulder

268



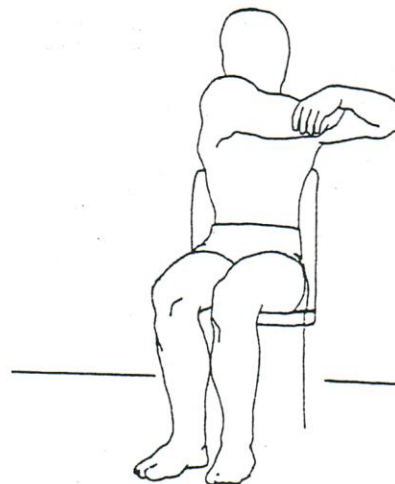
Pectorals

250



Lateral shoulder

269



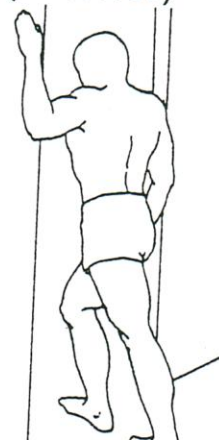
Anterior shoulder

261



Shoulder internal
rotators (anterior)

272



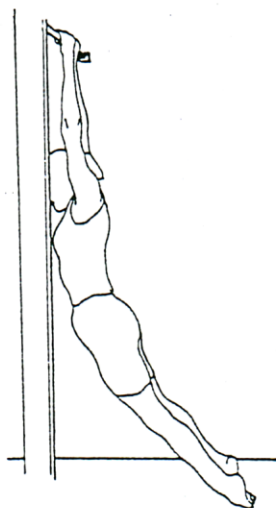


28 MAXIMAL ISOLATION ALL-STARS

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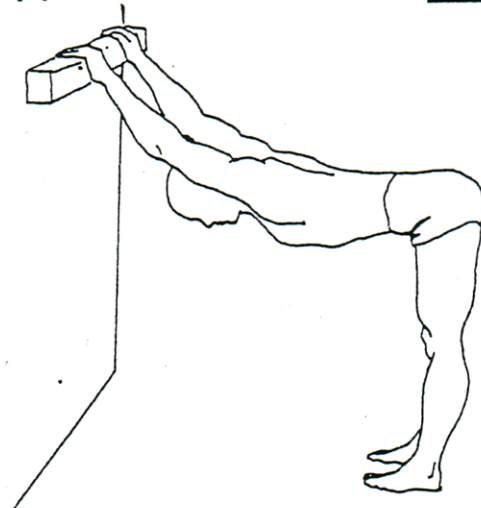
Abdominals

180



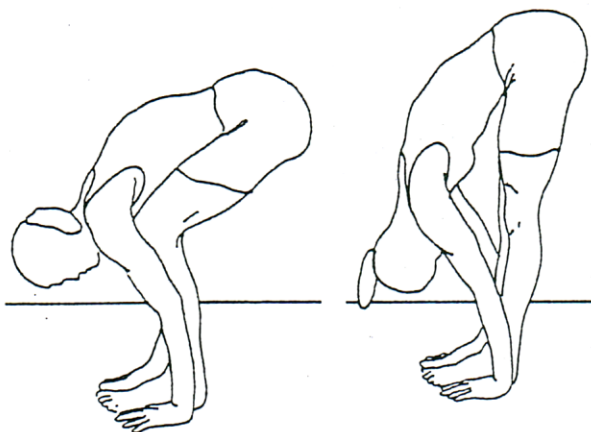
Upper back

227



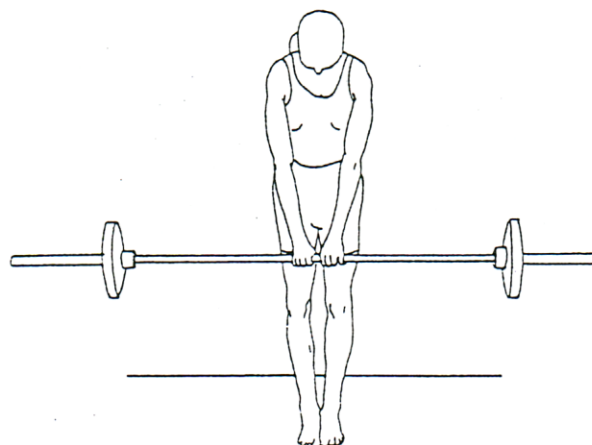
Lower back

204



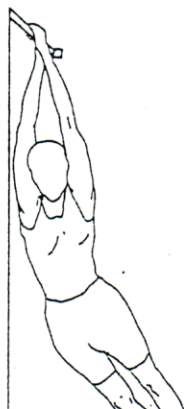
Posterior neck

240



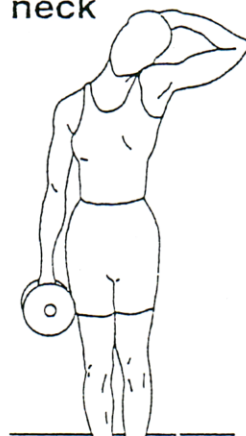
Lateral torso

215



Lateral neck

244



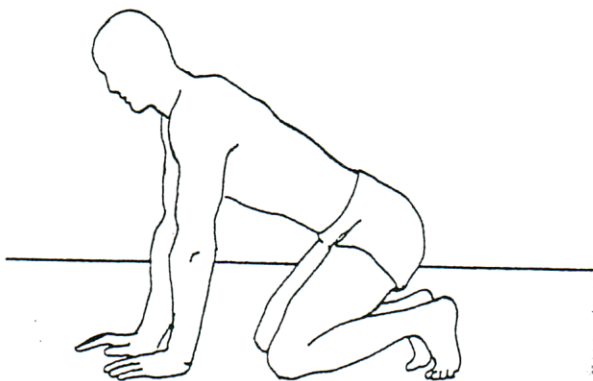


28 MAXIMAL ISOLATION ALL-STARS

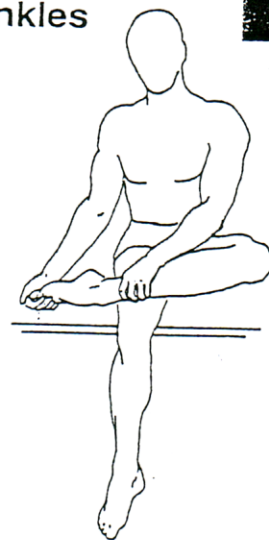
Depending upon your chosen sport, you may require more than is offered by the 12 "All-Star" Stretches. For such athletes, the 12 "All-Star" stretches may be too few in number, fail to target a specific muscle group or region, and lack sufficient intensity. Therefore, 28 muscle groups or regions have been identified with accompanying exercises that will provide the athlete with stretching exercises that are more fine-tuned and of greater intensity, yet not requiring contortionistic ranges of motion. Furthermore, all of these exercises can be performed individually with equipment found in most gyms.

Plantar arch

4

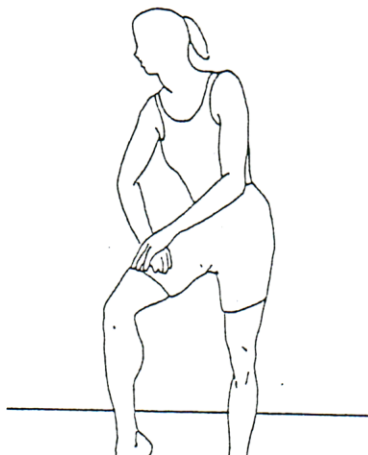


Anterior ankles
and instep



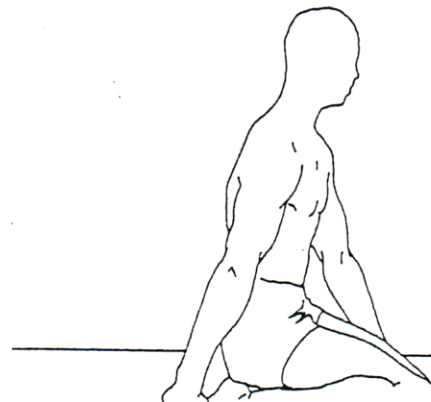
Anterior foot and toes

6



Anterior and lateral
lower leg

18



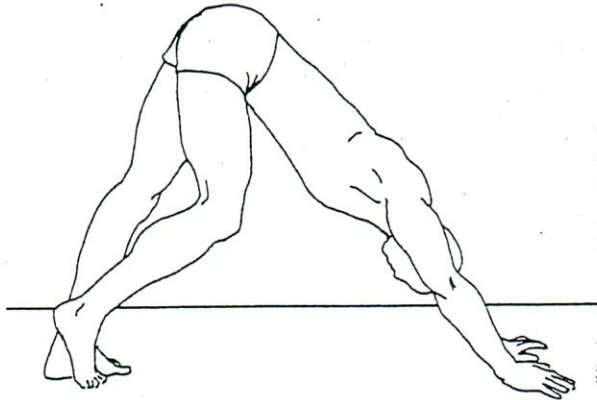
28 MAXIMAL ISOLATION ALL-STARS

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Achilles tendon and
posterior lower leg

21



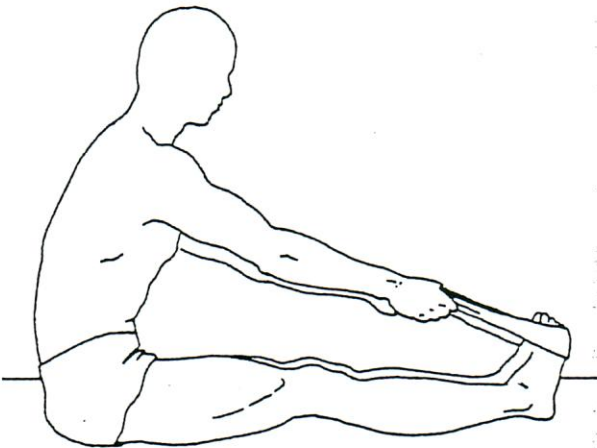
Adductors

93



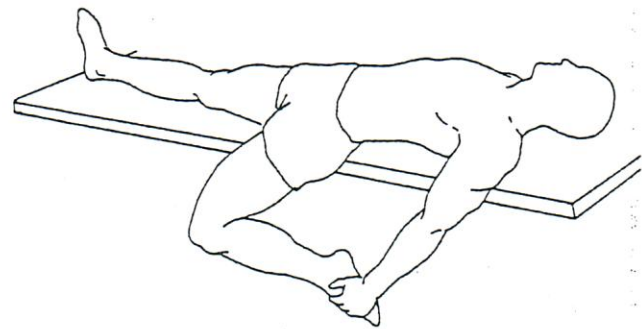
Behind the knees

47



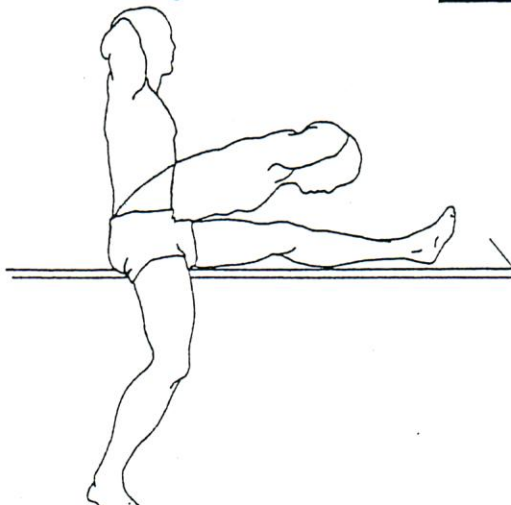
Quadriceps

126



Hamstrings

51



Hips and gluteals
flexors

162

