

## Stretching for Indoor Rowing

These stretches can be done both before and after your workouts. We suggest that you start by trying all of these stretches, and work toward developing a routine using the stretches that work best for you.

**Before Stretching:** It is important that your body be adequately warmed up before you attempt to stretch. We suggest that you row lightly for 3-5 minutes to increase blood flow and prepare the musculo-skeletal system for the stretching sequence to follow.

**Pre-Workout Stretches** can be held for approximately 10 seconds.

**Post-Workout Stretches** can be held for up to 30 seconds.

**All Stretches:**

- Should be done in a static, relaxed and patient fashion. NO bouncing or abrupt movements.
- Should include full deep breaths, expanding the diaphragm on inhalation, for maximum results.
- Should be repeated on both sides if a unilateral stretch.
- Can be repeated for 3-5 repetitions.

1. Lie on your back and bend one knee up to your chest and hug it. Then extend it straight up (or as straight as you can) and gently pull it toward you. Repeat with the other leg.



2. Squat and try to get both heels on the floor.

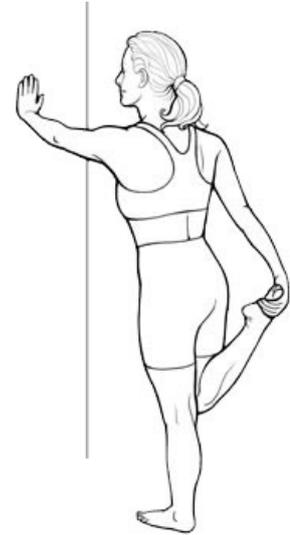


3. Put one arm behind your head as shown, grabbing the elbow with your other hand. Pull gently. Repeat on other side.





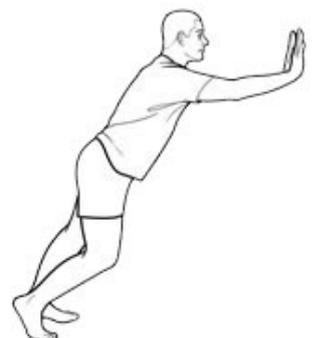
**4.** Push into a bridge with straight legs and arms. Stretch one leg at a time.



**5.** Stand and stretch your quad by bending your leg back until you can grab your foot. Gently pull your leg up against your butt.

**6. Calf and Achilles Stretch:**

Stand about three feet from a wall and put each foot in turn as far back as you can while still being able to put your heel flat on the floor. Do NOT bounce and do NOT try too hard. The idea is to gently stretch the muscles in your calf.



**These hamstring stretches are good for your legs and your back.**

**Lying Hamstring Stretch**

Lie on your back. One at a time bend your knee, then extend your leg up toward the ceiling. Grasp your leg and pull gently toward you.

Variations:

a. If you find it difficult to grasp your leg and pull it toward you, try using a towel or rope around your leg. This will make it easier to gently pull your straightened leg toward you. b. Another variation is to have the lower leg bent with foot flat on the floor.



**Standing Hamstring Stretch:**

Put your leg up on a chair/bench. Straighten the leg. Keeping your back straight, lean forward until you feel the stretch. To increase the stretch further, use a higher chair/bench.



**Sitting Hamstring Stretch:**

Sit on the floor with one leg out to the side and the other leg bent to the inside. Gently reach for your toes on the outstretched leg. Repeat on the other side. Sit on the floor in the “hurdler’s position” (one leg out and one leg bent back) and reach out to your toe with both arms, then repeat with the other leg.

