

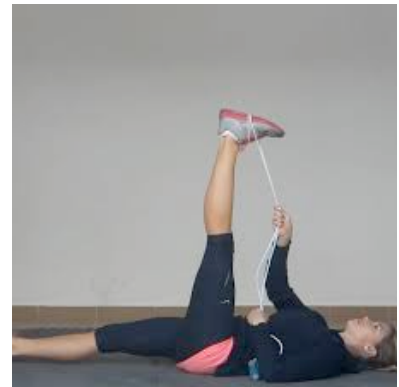
*PERSONAL TRAINING  
WELLNESS SEMINARS*

*JUDY CHONG, PHARM. D.,  
(510) 589 – 1337  
[JUDY@FITNESS-SPARK.BIZ](mailto:JUDY@FITNESS-SPARK.BIZ)  
[WWW.FITNESS-SPARK.BIZ](http://WWW.FITNESS-SPARK.BIZ)*

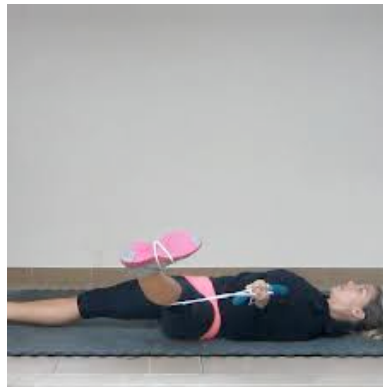
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## STRETCHING WITH A ROPE

1. Hamstrings - point & flex foot. Also rotate foot in & out to maximize effectiveness of the stretch.



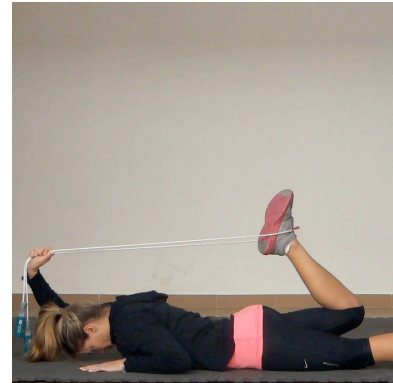
2. Adductors (Inner thigh)



3. Abductor (outer thigh ) & glutes.



4.  
Hip Flexor & quadriceps – do this on your side.



5.  
Figure 4 Stretch – without rope. Add gentle pressure away from the body on the thigh. For even more intensity, gently rotate the foot towards your head.



6.  
Chest & Shoulders - We started with the overhead stretch (a) with the rope. Then we did a side bend (b). Last we took the rope at a 45° angle to the front to more effectively catch the lats (not shown). Then we took the rope behind us behind the back, and gently pressed the hands down, and then lifted the arms (c – done without the rope/strap)). Note that the shoulders are kept in a neutral position in all of these.

A



B



C

