1 Hip Flexors

1. Lunge Position
2. Arm Reaches Up
3. Side Bend
4. Trunk Rotation

1. Begin in a lunge position with the left leg back. Keep your chest lifted up as you press your left hip forward. Take a deep breath and exhale as you wave into the stretch. Release the stretch slightly on the next inhale and repeat wave into the stretch on the exhale again. Repeat the stretch wave as many times as necessary synchronizing your breath with movement until you feel the tissue release.

2. Reach your left arm up as you continue pressing left hip forward. Again exhale into the stretch wave as you reach your hand upward and lift your torso and arch back slightly. Inhale as you release the stretch position.

3. Lean your body over to the right side and push left hip out slightly as you exhale into stretch and inhale on release.

4. Rotate your torso by turning your chest upward. Reach left hand up and turn palm to ceiling. Play with the angles of your arm as you exhale. Repeat until you feel all the tissues are moving freely.

2 Glutes

1. Beginning Position
2. Lengthen Into Stretch

1. Take a comfortable seated position with the right leg forward. Slightly shift weight to side of right hip and adjust back left leg to a comfortable position, avoiding any pitching sensation in front of that hip.

2. Lengthen your torso out from the top of your head as you exhale and move forward into stretch keeping length in the spine.

Slowly roll-up through spine into beginning position. Repeat stretch—taking torso forward over front knee at different angles targeting the different glute fibers.

Continue using your breath to wave into and out of the stretch until you feel your tissue release. Drop your body down closer to floor and move from side to side.

3 QL

1. Beginning Position
2. Lengthen Into Stretch
3. Drop Onto Right Arm

From the last position drop your right forearm to floor behind you and lower body down toward floor while lengthening your torso as you exhale.

Press your left hand into the floor and gently twist looking behind to your right as you exhale to open up QL and lateral hip.

Inhale from last position and exhale as you reach your left arm overhead extending the arm out from the hip.

Rotate torso to your left lifting chest to the ceiling as you exhale and continue reaching hand outward with your palm up toward the ceiling.

“Static stretching before activity - makes you weaker and slower. Doing the StretchWave™ - makes you Stronger and Faster - safely, in less time.”

- Chris Frederick

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