

## STRETCHES ON or WITH ROWER

After reaching a good stretch position hold it for 10-15 seconds. This can gradually be increased to 45-60 seconds over a period of weeks. After each stretch release the body *slowly* from the position. The muscle being stretched should be relaxed as possible. Stretch both sides of the body equally.

Stretching exercises are not meant to be competitive. Do not compare progress with others as over stretching can lead to injury.



**Trunk Stretch:**  
Sit with feet apart, stretch right arm up towards the ceiling and over to the left.



**Triceps:**  
Place the right hand behind your neck. Use the left hand to apply stretch through the right elbow by gently pulling the elbow behind the head.



**Neck extensors :**  
Flex the chin to the chest.



**Neck flexors :**  
Tip the head back



**Triceps (back view) Upper Trapezius :**  
Turn the head to the left. Note: if any of the above because dizziness stop and consult a doctor.



**Scalenes:**  
Side bend the head to the left, taking care not to rotate to the side.



**Gastrocnemius (back leg), Soleus (front leg):**  
Stand astride, lunge forward over the front leg, keeping the knee over the foot. Keep the back knee straight, keep both heels in contact with the floor.



**Hamstings:**  
Sit with your left foot on the floor. Keep your back straight and flex from the hips, taking the torso towards the right thigh. Reach towards the foot until you feel the stretch.



**Biceps/Pectorals:**  
Stretch both arms behind you, keep the elbows straight and the thumbs pointing upwards.



**Wrist extensors:**  
With the elbow straight, use the left hand to apply the stretch by pulling the palm away from the floor, keeping the fingers straight.



**Rhomboids:**  
Feet on floor, knees at right angles, keep the back flat, bend at the waist, lightly holding on to the monitor, slide backwards on the seat until you feel a stretch between your shoulder blades.