

1: How Flexibility Affects Strength (& Vice Versa) | BoxLife Magazine

The Question: Flexibility can help in sports, training, and in everyday life. However, the training for increasing flexibility could be tricky and is not quite the same as just training for looks or strength.

Flower Power Reiki Reiki is a Japanese technique for stress reduction, alleviating tension and relaxation that also promotes healing. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well being while connecting you with your higher self. Many have reported miraculous results. Have you noticed that your life is not yet what you would like it to be? You could have everything you desire and even greater! At worst you will feel like you have just had a phenomenal massage. At best your whole life can change into something greater with total ease. Schedule your appointment today! If you want to get yourself back into balance, an infrared sauna may be the ticket to achieving your wellness goals. Cleanses and Flushes Toxins Many of us do not actively sweat every day. There are multiple health benefits of deep sweating. Regular Infrared Sauna bathing provides the benefits that are derived from a deep sweat. The core body temperature begins to rise in the heat of the sauna. The blood vessels dilate, increasing blood flow. But, deep sweating in an Infrared Sauna can help reduce levels of copper, zinc, lead, mercury and nickel. All of these toxins are commonly picked up from our environment. Cleansing the skin through sweat rinses the bacteria out of the epidermal layer and sweat ducts improving circulation, bringing about a soft and beautiful complexion. When the skin is cleansed dead skin cells are replaced keeping your skin in optimum condition. Endorphins can have an enjoyable tranquilizing and mild effect as well as the ability to extinguish pain from muscle soreness, physical workouts and arthritis. When body temperature rises it causes circulation to increase and blood vessels to dilate. For post workouts use your Infrared Sauna for muscle relaxation, muscle tension and to eliminate lactic acid and other toxins. Relieves Stress Relaxation is more important to health than most people realize. Long-term stress is the cause of countless physiological effects on the body, including increased blood pressure, weight gain and weakening of the immune system. According to New York Times best-selling author and fitness expert Jorge Cruise "as well as many other health professionals" the more stressed you are, the more cortisol your body produces. Scientific evidence also shows that Infrared Sauna therapy helps the body maintain healthy levels of cortisol. While cortisol levels stay the same or rise slightly during a sauna therapy session, they drop immediately afterward. In fact, Infrared Saunas have been clinically shown to reduce both systolic and diastolic blood pressure with regular use. It is a fact that the majority of the disease is stress related. Induces a Deeper Sleep Research shows that a deeper sleep can result from the use of an Infrared Sauna. When body temperatures are raised in the late evening the endorphins are released, it facilitates better sleep. Burns Calories The secret is out on sauna weight loss. Maintaining a healthy weight is important to your overall quality of life. In fact, a year study published by The New England Journal of Medicine discovered that the circumference of your waist alone is a critical factor for assessing the risk of premature death. In other words, by maintaining a healthy weight, you may be able to live a longer, healthier life. Sweating is the best process by which calories are burned. When the heart activity increases, demanding more oxygen, the body begins to convert calories into energy. The average person burns calories in a minute session. Cardiovascular Improvement Comparable to moderate exercise, regular infrared sauna usage allows the circulatory system to experience increased circulation and oxygenation while lowering blood pressure. The subconscious processes the physical information the body receives. In many ways your subconscious mind is the brains that allow you to operate each day. While your subconscious mind is busy working, your conscious mind does most of your thinking, evaluating, decisions, and actions. While awake, your conscious mind relays new information constantly to the subconscious mind. While sleeping, the subconscious mind is able to act freely without the conscious getting in the way. Psychiatrists theorize that the deep relaxation and focusing exercises of hypnotism work to calm and subdue the conscious mind so that it takes a less active role in your thinking process. Effectively, this allows you and the hypnotist to work directly with the subconscious. Hypnosis has been used by

criminologists, psychologists, and other mind specialists to control behavior in a patient. It has been used to treat phobias, allowing a subject to face and endure situations that once may have immobilized them. Hypnosis has been used in many self-improvement categories, such as weight loss, nail-biting, and smoking. It has been used to control bed-wetting and thumb-sucking habits in young patients. Many of the programs that enhance intelligence or education-related skills involve the use of hypnosis – speed reading and memorization improvement are two examples. Individuals simply seeking to better themselves in their professional careers may seek the services of a hypnotist; the same holds true of artists of all kinds – actors, musicians, writers. Hypnotherapy has become more and more widely accepted because it does not involve potentially habit-forming drugs, has no serious side-effects and is inexpensive. Stress is an inevitable part of life. Coping and management is the key to a much more peaceful existence. Hypnosis can help you by training your conscious mind to rid itself of useless habits of anxiety, depression and other unhealthy behaviors. Stress causes many physical and psychological problems that can be relieved through hypnosis, so it is important to be able to recognize the signs and symptoms of stress. Not all stress is bad! Stress is good when it invigorates your life and challenges you to reach the limits of your potential. Stress can be bad when worry about problems or situations causes headaches, insomnia, depression or any other physical problems. Learning how to properly manage stress makes you a happier person and one that others will want to be around. Stress is contagious and if you are down about a problem, you will also bring others around down to your level. Through hypnosis, you can also learn to recognize stress in others and how to avoid getting caught up in their problems. At Feeling Groovy Wellness we can help you with the following:

Lose Weight Have you tried over and over again to lose weight? Have you ever radically changed your diet and resolved to stay with it, only to revert back to junk food? Hundreds of thousands of people have become slim and trim using the power of their own mind. Become one of the success stories. Cigarette smoke contains more than 4,000 chemicals and 43 known human carcinogens, including, formaldehyde, cyanide, arsenic, benzene and radioactive polonium Hypnosis will help you quit this nasty habit easily and effortlessly. Our practitioners are especially successful with smoking cessation. Sadly, these meanings are often so overbearing, they prevent any measure of success at all.

Overcome Grief Are you still grieving the loss of a loved one, and not sure where to turn? I will help you with techniques specifically designed to break through your grief and help you honor your loved ones by living a life of health, happiness and well-being. **Eliminate Fear and Anxiety** Are you dealing with intense fear and anxiety in your life? I will help you eliminate the specific causes and give you tools to manage fear and anxiety into the future. **Relief from Chronic Pain** Do you have chronic pain that has yet to be relieved by medical attention? Chronic pain can be eliminated whether or not a physical condition exists. Using the power of your own mind, and working in concert with your licensed medical practitioner, I can help you find immediate relief from that pain. **Confidence** Do you look around thinking that everyone else is more confident than you, and that, with just a little bit more confidence, you could achieve your dreams? I have helped thousands become more confident and successful and he can help you too, using powerful techniques to help you change your beliefs and your old unconfident patterns. All This And So Much More Your potential for health, happiness and success and abundance is unlimited – too much to list on any web page. They have the tools to do whatever it takes to help you get the results you want. If you want whiter teeth and a beautiful smile, DaVinci is your safe, affordable and convenient teeth whitening solution. Our revolutionary teeth whitening technology is the most effective system used in teeth whitening. Each 90 minute treatment is broken into three 30 minute sessions. After undergoing whitening with the DaVinci Teeth Whitening System, teeth shades will brighten up to 14 shades, with an average improvement of five to eight shades during each session of 30 minutes. Individual results will depend on your current tooth shade, treatment time, and the composition of your teeth. Your end result will be a whiter, healthier smile. We recommend a 90 minute session for optimal results and to remove all layers of staining. How long will the whitening last? This varies from person to person and depends on your diet and lifestyle. However, with proper maintenance and periodic touch-up treatments, you can keep your smile looking great for a lifetime. Is DaVinci Teeth Whitening safe? Yes, the DaVinci whitening gel formulation is an organic plant and mineral based product with built in enamel building qualities. Scientific research has shown that the active ingredients in the DaVinci Teeth Whitening Gels are

safe and effective. Our whitening equipment is FDA approved and has been used throughout the dental and cosmetic community for years. DaVinci Teeth Whitening does not change or damage the structure of the teeth; it merely lifts and removes the stains, making your teeth whiter. How long does the treatment take?

2: Living Strong Fitness Training, with Brian Konzelman certified personal trainer.

A strength exercise is any activity that makes your muscles work harder than usual. This increases your muscles' strength, size, power and endurance. The activities involve using your body weight or working against a resistance. You should try to do two sessions or more of muscle strengthening.

Muscles that are not properly warmed up are at higher risk of injury. This can easily be accomplished with a light, active warmup such as dynamic stretching or jogging. Some people are naturally less flexible than others, so it may take weeks of regular stretching to improve joint mobility. Here are four leg stretches she recommends to improve flexibility and reduce the risk of injury. Try to hold each stretch for about 30 seconds. The quadriceps, or quads for short, is the muscle group in the front of your thigh. You use these muscles when you walk, run, or do lunges. To stretch your quads: Stand with your side to the wall, placing a hand on the wall for balance. Hold your outside foot with your outside hand and lift the foot up toward your rear end, keeping your thighs and knees together. You should feel a gentle to moderate stretch in the front of the thigh. Hold for a cycle of relaxation breathing, then do the same for the other foot. They help you to bend your knee and move your hip. Your calf muscles are along the back of your lower leg. They help move your heel during activities such as walking, running, or jumping. To stretch both muscle groups together: Place your right foot in front of you. Hinge at the waist to lean your torso forward toward the extended right leg, and bend your supporting knee. Slowly flex your right ankle so that your toes are pulling up toward your body. Hold for a cycle of relaxation breathing and then repeat with the left foot. The inner thigh muscles help to stabilize your hip and knee joints. Exercises that focus on working inner thighs are often recommended to tone and strengthen the legs. To stretch your inner thighs: Stand with a very wide stance. Bend your right knee as you shift your entire body right until you feel a stretch in your left inner thigh. Hold for a cycle of relaxation breathing, then shift your weight to the other side and repeat with the left leg. This stretch works your lower back, hamstring, calf, and ankle. All of these areas are used in your daily activities, and while running or biking. To perform this stretch: Lie on your back with your knees bent and your feet flat on the floor. Bend one knee and hug it into your body. Slowly kick that leg up toward the ceiling, straightening it and pulling it toward the torso until tension is felt behind the leg. Point and flex the foot 3 times and perform 3 ankle circles in each direction. Lower the leg and repeat with the opposite leg. Do them either before or after a workout, or any time your leg muscles are feeling tight.

3: Stretching: Focus on flexibility - Mayo Clinic

Muscle strength is crucial for joint stability, so if you're trying to improve your flexibility around a particular joint, but the muscles that stabilize that joint are weak, all you're doing is making that joint more vulnerable to injury.

Flexibility is needed to perform everyday activities with relative ease. To get out of bed, lift children, or sweep the floor, we need flexibility. Flexibility tends to deteriorate with age, often due to a sedentary lifestyle. Without adequate flexibility, daily activities become more difficult to perform. Over time, we create body movements and posture habits that can lead to reduced mobility of joints and compromised body positions. Staying active and stretching regularly help prevent this loss of mobility, which ensures independence as we age. Being flexible significantly reduces the chance of experiencing occasional and chronic back pain. Improved flexibility may enhance performance in aerobic training and muscular conditioning as well as in sport. There is scientific evidence that the incidence of injury decreases when people include flexibility training in their routines due to the enhanced ability to move unimpeded through a wider ROM. The only exception to this would be when there is an excessive or unstable ROM, which may increase the likelihood of injury. When used appropriately, flexibility training allows clients to become more in tune with their body. It is a form of active relaxation that can improve both mental and physical recovery. Once the workout is complete, clients can focus on relaxation and rejuvenation of mind and body. After pushing the body to work hard, it is time to encourage recovery. This is an excellent time for flexibility training because the muscles are warm and pliable, allowing them to stretch farther. Following are some of the major benefits of flexibility training: Proper posture minimizes stress and maximizes the strength of all joint movements. As with all other components of the workout, flexibility training should be based on the FITT formula see chapter 4. The following sections examine each component of the FITT formula more closely as it relates to flexibility.

Frequency of Flexibility Training Stretching should be included after every workout to encourage improvement and maintain overall flexibility.

Intensity of Flexibility Training Stretching should never be painful. The focus should be on bringing the muscle to a point of slight tension. Encourage clients to continue their breathing pattern throughout the stretch.

Duration of Flexibility Training The length of the flexibility component depends on the needs and motivation of the client. In most cases, flexibility training should last at least 5 to 10 minutes. Stretching is one area of the workout that tends to get cut short when time is running out. Being organized with workout design ensures that there is always time for stretching.

Flexibility Techniques To increase or restore muscle ROM, it is necessary to overload the muscle with flexibility training. To improve joint ROM, it is necessary to lengthen the muscle and surrounding connective tissue in safe and effective ways. Two main methods of flexibility training static and dynamic can be used, but all types of flexibility training will be more effective after a thorough warm-up, when the body temperature is elevated.

Static Stretching This method of flexibility training involves taking a specific joint or set of joints through a ROM to a comfortable end point at least 20 seconds, resting for approximately 20 seconds, and then repeating the stretch two to three times. The goal of static stretching is to overcome the stretch reflex the automatic tightening of a muscle when stretched, which relaxes after approximately 20 seconds to coax a joint into a wider ROM. This is done by holding the stretch gently and not overstretching the muscle. Sit on the floor with your legs in front of you and bend forward at the hips with your spine in a neutral position until you feel a slight tension in the hamstring group. This stretch requires relaxation of the hamstrings and will increase ROM at the hip joint. Keep in mind that if you also flex the spine, you will be including the ROM of the vertebral joints, which may decrease the effect on the hamstrings. Static stretching can be used by virtually anyone; it is easily taught and usually very safe. Once learned, it can be performed in almost any environment without external assistance or equipment. Static stretching will improve flexibility at a specific body position and only to a small degree outside of that position, limiting its effectiveness for athletes or those wanting to increase flexibility in multiple ROMs. It is best suited to noncompetitive clients or as a complement to other methods of flexibility training.

Dynamic Stretching This method of flexibility training uses increasingly dynamic movements through the full ROM of a joint. Dynamic stretching develops active ROM through the process of

reciprocal inhibition, where the agonist muscle is contracting while the antagonist or opposite muscle is carried through the lengthening process. When performed correctly, dynamic stretching warms up the joints, maintains current flexibility, and reduces muscle tension. The exercise begins at a slow pace and gradually increases in speed and intensity. This method of stretching is best performed before exercise or activity that is movement based, like tennis or hiking. While standing on one foot, flex the hip joint of the nonsupporting leg knee extended, like a pendulum. This motion contracts the hip flexors agonists and requires inhibition or relaxation of the hamstring group antagonists. Dynamic ROM is extremely useful for athletes and those who are warming up for an activity that requires a wide ROM, especially when speed is involved. Dynamic and static stretches combined can prepare the joints for explosive movements more than either type alone. Dynamic ROM should be used gradually and only by those who have been shown an appropriate series of movements. If inappropriate movements are used, small trauma may be experienced over time in the joints or connective tissue from movements that are too fast or through a ROM that is too extreme. Stretching Common stretches for each major muscle group are found in Appendix B. Can-Fit-Pro recommends performing dynamic stretches prior to an exercise session in a warm-up, and static stretches after an exercise session in a cool-down. Exhale as the muscle lengthens to assist in relaxation. The best time to do flexibility training is after the cardiorespiratory workout. Choose activities that serve two functions: This does not mean that the entire time has to be spent stretching. There are many methods of flexibility training that promote relaxation, such as yoga, meditation, Pilates, tai chi, visualization, and breathing. Try these alternatives to assist clients in relaxing and encourage them to de-stress from their busy lives.

4: Slide show: Exercises to improve your core strength - Mayo Clinic

Some people struggle with the strength aspect, some with the flexibility, and a lot of folks struggle with both! For others, balance is the primary issue. That's part of what makes the pistol such a useful exercise: It's challenging on many fronts.

Exercises Did you know that flexibility is the most important part of your fitness? Strength, endurance, and stamina are not as important as the ability to be flexible. Flexibility carries over into every area of your life, but strength and endurance are far less vital. You should make it a point to stretch both at the beginning and the end of your workout, as that will help to reduce your risk of injury, promote flexibility and stop your muscles from becoming sore. If you want to maximize your efforts to stretch, here are a few flexibility exercises that will help you build strength at the same time: Leg Extension Ankle Rolls Gotta limber up those legs and ankles, right? Do a Standing Leg Extension: As you are holding the pose and feeling the burn in your extended leg, rotate that ankle in order to stretch it out. Make sure to loosen up the ankle properly before placing the leg on the ground and repeating the exercise with the other foot. Forearm flexors If you need to stretch your wrists out a very important part of warming up for Arm Day , grab a barbell, place your forearms on a bench and curl your wrists. Start with your palm facing downward, then repeat it with the palms facing upward. The weight on your wrists will not only stretch out the muscles of the forearms but help to increase forearm strength as well. Ashtanga Sun Salutations This is a Yoga warm-up that can help to increase your upper body strength effectively. Start in a standing position, then slowly lean forward to place your hands on the floor. Jump your feet back to a Plank Position, hold for a second, do a push-up, and transition into the Cobra Pose. Downward Dog with Leg Raise Downward Dog is another classic Yoga pose that will do wonders for increasing your flexibility. It will loosen up your lower back, hips, hamstrings, glutes and calves, making it easier for you to move without tightness in those muscles. Lifting your leg helps to work your thigh and core muscles! Warrior III is great for your core and balance. Definitely good poses to try to increase your strength while limbering up! Understanding Adrenaline Some people get lucky and are born with fit, toned bodies. Andy Peloquin is not one of those people His trials have led him to becoming a martial artist, an NFPT-certified fitness trainer, and a man passionate about exercise, diet and healthy living. He loves to exercise -- he does so six days a week -- and loves to share his passion for fitness and health with others.

5: Benefits of flexibility exercises - Harvard Health

Flexibility carries over into every area of your life, but strength and endurance are far less vital. You should make it a point to stretch both at the beginning and the end of your workout, as that will help to reduce your risk of injury, promote flexibility and stop your muscles from becoming sore.

Thanks for visiting Living Strong. This website is a collection of the best fitness and health information available, all assembled in one place! Each page contains valuable info to help you get into your best shape. To better understand some of the dynamics of effective exercise, it will help to break up your fitness prescription into 3 measurable parts: Endurance, Strength and Flexibility. Endurance is defined as "the ability to keep moving for long periods of time. Cardiorespiratory Endurance Cardiorespiratory Endurance is the prolonged ability of your heart and lungs to supply muscles with nutrients and oxygen. Aerobic exercise like biking, jogging, and swimming enhance cardiorespiratory endurance, and performance can be measured for speed, duration and distance. Building endurance promotes higher energy levels. Aerobic exercise also burns calories and fat to keep your weight under control. A fit cardiorespiratory system lowers the risk of death from heart attacks, strokes, and pulmonary disease. Developing the Aerobic Phase The following principles should be applied when developing the aerobic phase of a general fitness exercise prescription to enhance cardiorespiratory fitness: The activity must use large muscle groups and must be maintained for a period of time. Monitoring a target heart rate training zone during exercise is a good way to measure intensity. The duration of the exercise will depend on the intensity of the exercise. Usually activities of lower intensity, such as walking, can last longer than a high intensity exercise like running. Aerobic fitness can also be accomplished by alternating high and low level activities as in walking between brief periods of jogging for 15 to 60 minutes of continuous or discontinuous aerobic activity. The aerobic activity must be performed from 3 to 5 days a week. In the first weeks of exercise, significant conditioning effects will occur. The fitness professional will have to adjust the intensity and duration of the activity if progress is to continue. The Initial Conditioning Stage You should also include some stretching and light calisthenics, such as abdominal work. The Improvement Conditioning Stage Initially, there is a slight increase in exercise intensity. Thereafter, duration of the activity is increased every 2 to 3 weeks. Older individuals may take longer to adapt to increases in conditioning. The Maintenance Conditioning Stage Usually after 6 months of aerobic training, the average individual has achieved their goal of general fitness and just wants to maintain. Muscular Endurance is defined as the ability of your muscles to perform contractions for long periods of time. The number of curl ups one can perform, for example, is a measure of abdominal endurance. The muscular endurance phase of a general fitness exercise prescription may include the performance of a circuit routine consisting of multiple exercises targeting different muscle groups. Strength Muscular Strength is another measure of fitness, and is categorized into 2 types: How much weight you can hold in place. How much weight you can move. It is desirable to be strong in order to perform heavy work with less chance for injury. Maintaining strength is more difficult with age and the increasing loss of lean weight. Increasing Strength Strength can be increased through static contractions, as in isometric exercise, or by low repetition isotonic exercises. For a beginner, one set of 12 repetitions done with high intensity will work well. For more advanced trainees, three sets of an exercise in a rep range, will initiate optimal strength gains, when performed times a week. Flexibility The final measure of fitness is Flexibility. Flexibility is defined as the ability to move muscles and joints through their full range of motion. One way to measure flexibility is to see how close one comes to touching the toes with legs straight. Of particular concern, is flexibility in the posterior thigh and low back. Lack of flexibility in these areas increases the risk of chronic low back pain. Increasing Flexibility Stretching will increase flexibility. It is important that stretching is done slowly with gradual increases in the range of motion. The stretch should be sustained from 10 to 30 seconds, and should not cause pain. Stretching exercises need to be performed at least 3 times a week. It is safer to stretch muscles that are already warm. Stretching is best performed after the aerobic phase or between sets of resistance exercises performed in both the muscular endurance and strength phases of the general fitness exercise prescription. Specificity of Exercise The development of speed, agility

and coordination will also enhance overall physical performance. Exercise is "sport specific" to the activity being performed. If you wish to grow stronger, you will have to lift heavier weights. If you wish to be more flexible, you will have to practice stretching, and so on. The General Fitness Exercise Prescription The days and times that you schedule for your workouts will dictate the selection of the most appropriate set of exercises to achieve optimum results. If you have decided to dedicate an hour, three times per week to the exercise component of your fitness, this is a list of general guidelines that would apply to you. A well-balanced exercise session aimed at maintaining overall fitness for the average beginning individual could consist of the following: Perform about 5 minutes of stretching after the aerobic phase and between sets of resistance exercises, paying particular attention to hamstrings, lower back, calves, and shoulders. Remember, this is a general guideline. Each individual has a preferred set of exercises that will give the safest, best progress. As a reminder, upon reaching the Maintenance Conditioning Stage, the above one hour of exercise, performed a minimum of 3 times a week, will maintain an average level of overall fitness for most people. While Living Strong does not necessarily endorse or agree with all of the information presented in each article, we feel the content contains worthwhile information and include it as a reference for your study. The information presented is specific in nature and may not be appropriate for your personal situation.

6: 6 Flexibility Workouts that Increase Strength / Fitness / Exercises

In fact, flexibility training is an important aspect of gaining strength and size. The typical lifter spends most of their day outside of the gym hunched forward over a computer further.

By Jarlo Do you have a job, a car, and a couch? Restricted hip mobility causes issues like lower back pain, knee problems and it gets in the way of squats and other stuff you want to do! But the opposite is also true. The healthier and less restricted your hips become, the more potential your body has for strength, power, and athleticism. Give it a try and let us know what you think! And for athletic movements like squatting, jumping, and running, your hips are your primary source of power and stability. Even small restrictions can have frustrating and painful consequences. Because if you want to get stronger and move better, you gotta start with the hips. The following series of 8 hip stretches will help loosen the major muscles that are tight on most people. The key to practicing the sequence for the maximum benefit is to use a steady and gentle intensity and progression. One of the important things to know about stretching in general is that most of the gains you achieve are from simply training the muscles to better tolerate the stretched positions. You learn to relax and your muscles ease off from that natural tendency to hold tight. The stretch reflex which tightens muscles is protective. With practice you are working on convincing your body that nothing bad is going to happen in these new stretched out positions. Move in and out of the stretch several times. Hold the stretched position for seconds. Shake it out and do it again. With more practice comes a better understanding of how to perform these mobility exercises.

Lying Hip Rotations Lie on back with both knees bent. Cross one ankle over the opposite knee. Move in and out of the stretch by rotating the hip in and out. For the hold, use your hand for assistance to press into the knee. This exercise starts the sequence as an easy first movement to warmup and build toward the rest of the series. Be aware of any tightness or soreness on the outside of your knees in this one.

Piriformis Stretch Cross one leg fully over the opposite leg, so your knee is crossed over your thigh. Pull the crossed knee toward your opposite shoulder, stretching the piriformis muscle. In the same position as the first exercise, cross the leg further, then shift your hips fully to the other side, pulling your knee up to the opposite shoulder. Remember to go gently into and out of the stretch, and use a little pressure from your hands to resist against the muscles you want to stretch.

Butterfly Stretch Sit up with feet together, moving the knees down toward the ground. Use your hand to press into the ground and move your groin closer to your heels. This classic stretch is very useful for the groin muscles, and for improving hip rotation to the side. Pay close attention to your back and keep it straight and upright as you move through the stretch. Work on one side at a time as Ryan demonstrates in the video, and then do both knees at once as you feel comfortable and warmed up.

Frog Stretch Start on hands and knees, bringing your knees as far apart as is comfortable. Rock back and forth in that position. Keep the balls of your feet on the ground, with toes pointed outward. At this point in the sequence, we are ready for a bit more intensive stretching for the hips, adding some more weight bearing into the exercise. The action here as you move in and out of a stretch is squeezing the knees together as you rock backward and relaxing as you rock forward. After a few repetitions you can sit back and relax into the stretch for upwards of a minute.

Kneeling Lunge Get into a lunge position, with knee and foot about hip width apart from the elevated leg. Keep the chest tall and the hips square. To make the stretch harder, you can pull the back knee up off the ground. This exercise is somewhat deceptive in terms of how it can affect your hips. You may need some trial and error to find the best front foot positioning, which happens when your shin is upright when you lean forward, rather than being angled down or back.

Traveling Butterfly Sit on your butt with feet straight in front of you long sitting. Use your hands to push the hips forward toward your heels, so you wind up in the butterfly position. Move between the long sitting and butterfly positions. This movement goes from long sitting on your butt with your legs straight out in front, to the butterfly stretch position. This is a great way to improve circulation and get the hips moving after the stretching you did in the last 5 moves.

Squatting Internal Rotations Start in a deep squat position as deep as you can go. Rotate one knee inward, down toward the ground. This stretch can be done sitting on a small stool if you cannot get into a comfortable squat position. Just keep moving and give yourself some time to work through the movement.

Pigeon Stretch Start

with your front knee bent to a degree angle. The back knee can be as bent or extended as is comfortable for you. Rotate the back hip toward the front heel, and then toward the back foot. Keep the chest up tall, and only bear as much weight as you can comfortably. In the video, Ryan demonstrates the modified stretch in the beginning, with both knees bent and rhythmically rotating to move in and out of the stretch of the front bent leg. Take your time and gradually work on putting more weight through the bent front leg.

How To Customize This Routine to Your Schedule and Your Body The hip region includes several large, overlapping muscle groups, and tightness in any one of them can cause problems, but the preceding stretches are a great way to take your hip muscles through their full range of motion, ensuring they stay as healthy and functional as possible. But not all stretching is created equal. If you want to maximize your results for the time you spend on your mobility and flexibility, then technique really does matter.

Improve Your Hip Mobility Faster Use this simple, free stretching technique to make faster progress on your hips and all your flexibility and mobility goals. When that happens, you can work on different angles to change things up and see how much further you can get. Our hips are incredible structures that allow us to be mobile and strong and perform everything from the most mundane activities as walking to amazing feats of strength and power shown by the finest athletes. Take the time to take care of your hips and your life will be the better for it.

How to Stretch Your Hips

- Lying Hip Rotations** Cross one ankle across the opposite knee and rotate the hip in and out.
- Piriformis Stretch** Cross one knee over the opposite thigh and pull the knee toward the opposite shoulder.
- Butterfly Stretch** Sit with your feet together and move your knees toward the floor.
- Frog Stretch** On all fours, separate your knees as wide as you can and rock back and forth.
- Kneeling Lunge** Get into a lunge position and keep your chest tall as you move your hips back and forth.
- Traveling Butterfly** Move from the long sitting position to the butterfly position.
- Squatting Internal Rotations** From a deep squat, rotate one knee toward the ground, then alternate.
- Pigeon Stretch** Sit with one knee bent to degrees in front of you, and one knee behind you, rotating your back hip forward and backward.

Flexibility is so much more than just splits or backbends. Give your hip mobility the effort it deserves.

7: Stretching For Strength: A Better Way To Approach Flexibility Training

An increase in flexibility without a corresponding increase in strength can result in joint instability. When someone is hypermobile, their ligaments become loose. This is a problem because ligaments act as the "strapping tape" of our joints by connecting bone to bone.

The perfect swing is the Holy Grail of golf. As with any sport, a tailored training regimen that focuses on the muscles most used by the player is best. In golf, attention should be given to core strength and flexibility to reduce overuse of your arms and wrists and to prevent strain on the lower back. In addition to strengthening your core, you should strive to improve flexibility in your feet, ankles, hips, and thoracic spine to increase your rotational range of motion. The farther you can wind your body while maintaining good alignment, the more powerful your swing will be, and the further the ball will go. Practice these five exercises to master the perfect swing:

Standing wood chop This exercise integrates the movements of your hips, back, and shoulders, while increasing strength and improving flexibility. But it can also be done with a medicine ball or free weight. Place the resistance band beneath your left foot. Perform 8 to 12 repetitions, and then rest for 30 seconds. Switch sides, and repeat 1 to 3 times. This exercise can improve the range of motion, strength, and power of your hips by working them in the frontal plane with side-to-side movement. Keeping perfect posture throughout, take a large step to your left, shifting your weight to that side. Your left leg should be bent while the right leg is extended to the right. Make sure to keep your toes pointing straight ahead. Alternating legs, perform 8 to 12 repetitions, then rest for 30 seconds. Repeat 1 to 3 times. These standard lunges can be used to improve mobility in your hips, which can result in greater strength and a more powerful swing. Start with your feet together and your hands on your hips. Take a giant step forward, bending your front leg at a degree angle, or until your thigh is parallel to the floor. Your back leg should remain strong and straight. Step back into a standing position and repeat 8 to 12 times. Alternate legs 1 to 3 times, resting in between. This series helps to activate your core muscles, which promote stability and strength in the torso.

Lying face down Lying face down, place palms flat on the floor. Tuck your toes under, roll your shoulders onto your back, away from your ears, and push away from the floor. Keep your back flat and engage your abdominal muscles. Hold for 20 to 60 seconds and release back down onto the floor. Repeat 3 to 5 times.

Side plank To do a side plank, start by lying on your side with your legs stacked. Rest your body on your forearm, shoulder directly over your elbow. Lift your hips so that your body is in a straight line. Hold for 20 to 60 seconds and lower back down. Repeat 3 to 5 times on each side.

Supine spinal twists These twists are an excellent way to increase core strength while enhancing torso mobility. If performed correctly, your shoulders will also receive a good stretch. Begin on your back with your feet raised and bent in a degree angle, or so that your calves are parallel to the floor. Extend your arms out wide, with palms facing down. Slowly lower your legs to the right side of your body, keeping your knees together. Hover above the ground for about 20 to 30 seconds, and then return to center. Switch sides and repeat 1 to 3 times. Consistency is key Remember that with any physical conditioning, consistency is key. If you incorporate a regular regimen of sport-specific strength and flexibility exercises into your workout, you should begin to see your performance improve within a few weeks.

8: Stretching for Strength & Flexibility

Flexibility that is not equal on both sides may be a risk factor for injury. Focus on major muscle groups. Concentrate your stretches on major muscle groups such as your calves, thighs, hips, lower back, neck and shoulders.

As muscles grow and as they age, they change. A balanced stretching routine helps provide more even muscle growth along muscle fibers and an increased degree of flexibility, both of which provide a fuller range of motion, greater freedom to move our body as we wish and provide us with more power when we ask it to do something. In addition to this stretching also helps achieve:

Active Stretching In active stretching you assume a position and hold it without any assistance other than that of the agonist primary muscles involved in that position. In order to hold the body in a particular position the agonist muscle groups need to tense which means that the antagonist ones begin to stretch. Holding a martial arts side kick position, for example, helps stretch the adductors and increases flexibility and kicking height for the martial artist. Yoga, in particular, uses active stretching quite a lot. Martial artists and ballet dancers also make heavy use of it. Most sports can benefit from active stretching techniques.

Passive Stretching Passive stretching is an ideal form of stretching to perform with a partner. It requires the body to remain completely passive while an outside force is exerted upon it by a partner. When used without a partner bodyweight and the force of gravity are allowed to do their thing. Passive stretching is also called relaxed stretching, for that reason. Doing the splits is one perfect example of passive stretching. By placing your feet as far apart as possible and simply resting your bodyweight on your hips you slowly allow your legs to slide further and further apart naturally.

Static Stretching Static stretching is probably the most common form of stretching and it requires a stretch to be held in a challenging but comfortable position for anywhere between ten and 20 seconds. This has led to the misconception that stretching is required in the warm up in order to prevent sports injuries and that stretching enhances sports performance. In three independent studies looked at this from different perspectives.

Isometric Stretching Isometric stretching is a type of stretching that involves the resistance of muscle groups through isometric contractions tensing of the stretched muscles. Pushing against a wall to stretch your calves, putting your leg, straight on a bar and pulling your head down towards your knee and stretching your bicep by putting a straight arm against a wall and exerting force against it are all common examples of isometric stretching. Because isometric stretching involves a measure of resistance there is some evidence that it helps develop muscle hypertrophy increased muscle size when carried out over a prolonged period of time.

Dynamic Stretching Dynamic stretching uses gentle swings to take the body and its limbs through their range of motion. Because the speed at which dynamic stretches are performed is gradual and the range of movement is within the comfort zone, dynamic stretching is one of the most highly recommended stretching routines that can be carried out as a warm-up. Golfers, boxers, martial artists and ballerinas routinely use dynamic stretching as part of their preparation routine for high intensity activity. However, those who combined both had a better range of movement ROM0 overall, suggesting that a mixed routine could deliver superior results.

Ballistic Stretching Ballistic stretching is a form of stretching that uses bounce and muscle explosion to force a stretch through a range of movement or a fixed position. This warning also suggests that to use it as a warm-up is contra-indicatory. Ballistic stretching is routinely used by properly warmed-up martial artists, ballet dancers and gymnasts to take the body part its comfortable range of motion and achieve flexibility and range of motion gains. Studies on ballistic stretching show that when performed post-workout or as standalone workouts it can provide greater benefits in the range of movement and contribute to better performance, something that martial artists, gymnasts and dancers know only too well.

PNF Stretching PNF stretching which is also known as proprioceptive neuromuscular facilitation stretching, is a set of stretching techniques that can increase both active and passive range of motion and provide real gains in flexibility. When it comes to stretch routines PNF is probably the king of stretches using resistance against an applied force, followed by relaxation and a repetition of the stretch to achieve rapid gains in flexibility, joint strength by eliciting four separate, sometimes overlapping responses: When Should Stretching Take Place? The same studies also show that post-workout stretching and stretching that is part of a separate workout routine deliver greater range of motion benefits and

help increase muscle strength, speed and agility. The bottom line is that stretching is definitely needed and it will always help you achieve more with your body but you should choose carefully when you do it and what type of stretching you do. You can always use a variety of stretching exercises rather than just stick to one particular type of stretching and you should always have some kind of stretching factored in, to maintain the health and elasticity of your muscles. Lippincot Williams Wilkins; 2. Assessment and treatment of muscle imbalance: Human Kinetics; 3. To stretch or not to stretch: Proprioceptive neuromuscular facilitation stretching: Mechanisms and clinical implications. A systematic review into the efficacy of static stretching as part of a warm-up for the prevention of exercise-related injury. A comparison of self-administered proprioceptive neuromuscular facilitation to static stretching on range of motion and flexibility. Journal of Strength and Conditioning Research. The application of training to failure in periodized multiple-set resistance exercise programs. J Strength Cond Res Journal of Strength and Conditioning Research 21,

9: The importance and purpose of flexibility

Improving your mobility makes these daily activities easier—you can move more freely," Atkins says. Luckily, improving your flexibility and mobility isn't hard. It just takes a little time.

The hips provide most of the incredible power and force that our lower body can generate for running and jumping, and deficiencies in strength and flexibility in this area of the body can mean the difference between a winning performance or a painful end to the game. Beyond athletic activities, though, issues with your hips can negatively impact your daily life. Possible issues include pain, decreased mobility for activities such as stooping and squatting, and even difficulty with simple daily encounters such as jumping over a puddle in the street. When my patients and clients describe some of their hip issues to me, they can point to a pretty wide area that seems to be anywhere from right below their low back to the middle of their legs. Hip Flexors rectus femoris, pectineus, psoas, iliacus, tensor fascia lata Hip Extensors gluteus maximus, semitendinosus, semimembranosus, biceps femoris Hip Rotators and Abductors quadratus femoris, obturator internus, gemilli, gluteus medius, gluteus minimus, piriformis, sartorius Hip Adductors adductor longus, adductor brevis, adductor magnus, obturator externus, gracilis All of these muscles support and allow the hip to move and generate force in a variety of angles and positions. Weakness and decreased flexibility in any of these muscles can compromise performance and possibly generate pain through inappropriate stress and strain from normal daily and recreational activities. Because the hips have to carry the majority of our bodyweight through thousands of steps a day, they need to be quite stable, whereas the shoulders need to be more mobile in order to move our hands through all our daily tasks. Flexible hips are necessary for the variety of exercises and fitness training that we recommend here at GMB. The ligaments of the hip are also much thicker and stronger than the shoulders because of the larger amounts of strain and pressure in this area. And along those lines, the primary non-painful complaints about the hips are in regards to hip tightness. Decreased strength is a concern as well, since the big and small muscles surrounding the hip need more stimulation than is gained from everyday walking. It would be oversimplifying to the point of error to generally identify particular hip muscles as either weak or tight. Just as most everybody thinks they have tight hamstrings, whereas in all likelihood they instead have weak hamstrings and weak glutes. It is entirely possible, and likely more probable, to be both tight and weak simultaneously, especially at the hips. These exercises will help you address the various weaknesses and inflexibilities that tend to build up over years of misuse and poor movement patterns. So, in this latest video, I wanted to share some twists on old standbys to demonstrate how to approach flexibility training in a less regimented and more exploratory manner. In general I suggest moving in and out of a stretch a few times before holding the position for 30 seconds or longer. This serves as both a warmup and as a natural priming for the muscles to accept a stretch without the natural reflex resistance. Well really, the starting position is wherever you can start it. The idea is not to mimic the exercises exactly but to begin wherever you can, and go from there. Consistent repetition is the basis of motor learning! Changing position and angle of force in exercise stimulates not just the local muscle, but also the neurological connections between the respective body areas and the brain. Give these a test run and let it inspire you to create some variations of your own. Change Things Up for Consistent Results Strong and flexible hips are key for nearly every athletic endeavor, as well as many aspects of normal, daily life. Since they are key players in both generating force and attenuating strain, the hips are protective for the low back and the knees. Too often we find ourselves performing the same movements every day. Additionally, athletic ability is measured by quick movement change, creative actions, and the right use of your strength at the right time. Just as you should strive to be consistent in your exercise plan, you should also be vigilant in continually assessing your strengths and weaknesses. With these various findings and applying your observations into your regimen, you can persist in productive training throughout your life. This is especially true for beginners and people returning to their training after a long period off. When you start to feel stale, or your energy levels drop, remember the fun you had as a child just playing around, and seeing what new things you could do with your body. Take your time and give yourself room to explore all the various actions and positions your hips can handle. This is the

IMPROVING STRENGTH AND FLEXIBILITY pdf

true key to improving all aspects of your hips range of motion and power. Move Freely, Without Pain The hips are just one of many areas of the body that commonly cause issues. Get your body in order with our free Body Maintenance Guide.

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