
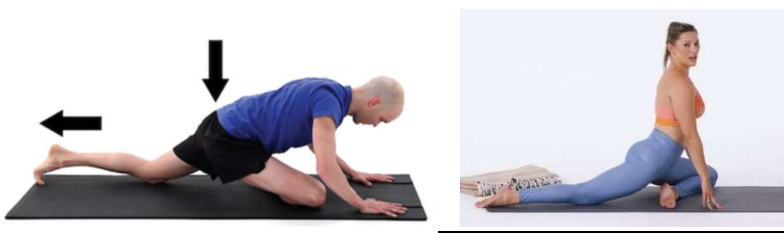













Stretching for Rowing

Compilation and Description by Paul Fuchs & Sharon Hallahan for Blood Street Sculls & LOLHS Crew

All stretches should be held 45 to 120 seconds, they should be done at least twice to each side.

| | | |
|-----------------|---|--|
| <p>1</p> | <p>Psoas (Hip Flexors) Stretch</p> <p>Lean body forward over the front foot keeping your back straight while extending the hip (pushing it forward) on the kneeling side.</p> |  <p>VERITAS health</p> |
| <p>2</p> | <p>Glutes Stretch</p> <p>With back leg extended, cross forward leg so that it is perpendicular to the axis of your body. Stretch your leg out behind and lean forward to go down to your elbows. Psoas may also be stretched in this position by bringing the upper body up.</p> |  |
| <p>3</p> | <p>Piriformis Stretch</p> <p>Assume this position and keeping your back flat on the floor pull the back leg forward.</p> <p>Stretches the glutes and the posterior hip muscles.</p> |  |
| <p>4</p> | <p>Glute and Hamstring Stretch</p> <p>Keeping back flat on the floor and legs straight bring one thigh up to 90°, slowly straighten leg with thigh muscles. Can also be done against a wall</p> |  <p>© Healthwise, Incorporated</p> |
| <p>5</p> | <p>Quadriceps Stretch</p> <p>Stretches the psoas and quad</p> <p>Take this position and pull on the top of the foot backwards and up bending the knee and extending the hip.</p> |  |
| <p>6</p> | <p>Thoracic Stretch</p> <p>Begin in side lying with top arm pointed to the ceiling. Bring top arm and shoulder back towards the floor rotating upper thoracic spine, holding for 10 seconds.</p> |  |

| | | |
|------------------|--|--|
| <p>7</p> | <p>Iliotibial Band Stretch</p> <p>Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.</p> <p>Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.</p> |  |
| <p>8</p> | <p>Hip External Rotator/Glutes Stretch</p> <p>Bring knee across midline without allowing hip to leave the floor</p> |  |
| <p>9</p> | <p>Child's Pose with Thread the Needle</p> <p>Start on all fours, alternate arms crossing under the torso while pressing back with the hips.</p> |  |
| <p>10</p> | <p>Figure 4 Hip Stretch</p> <p>Bend both knees, bring one foot on top of opposite knee and push top knee away until a stretch is felt.</p> |  |
| <p>11</p> | <p>Thoracic/Lumbar Stretch</p> <p>Straight and with rotation</p> |  |
| <p>12</p> | <p>Calf and Achilles Stretch</p> <p>For the calf, keep the back leg straight as you lean towards the wall keeping your heel on the floor</p> <p>For the Achilles, bend your leg and push forward with the knee while keeping the heel on the floor.</p> |  |
| <p>13</p> | <p>Hip Opener/Glute Stretch</p> <p>Feet wide, toes pointed out, drop your butt with feet flat on the floor.</p> <p>Can be done with hands on a chair or table for balance</p> |  |