

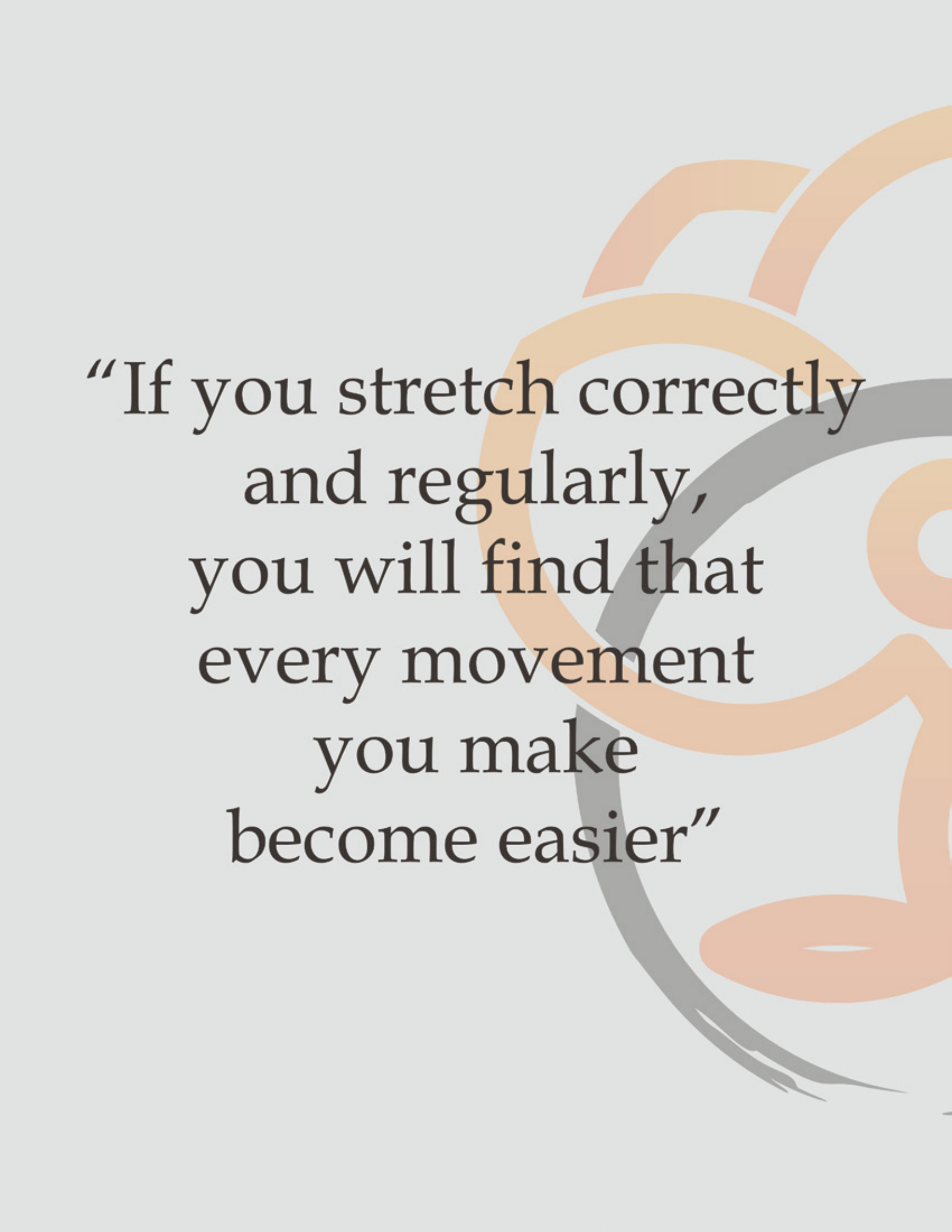
# ZIN

## Stretching Strap

E-Book



[www.zinhealth.com](http://www.zinhealth.com)



“If you stretch correctly  
and regularly,  
you will find that  
every movement  
you make  
become easier”

# Introduction to Stretching

Stretching is a safe and useful activity for healthy adults that can help improve overall flexibility, neuromuscular coordination, balance and postural awareness.

Stretching may change your mind as well as body. When done in a slow and focused manner, an extended stretching routine can be an excellent relaxation method and stress reducer.

# Seated Calf Stretch

The stretch will begin in a long sitting position with your torso erect, knees straightened, feet together, and your toes pointing up. The strap should be placed around the middle of both feet. Reach forward to grab a loop in the area of your knee. Use your hands to pull the strap backwards towards you. Your feet and ankles must be relaxed. The stretch should be felt down the back of the legs. Hold this position for 30 seconds. For an isolated stretch this can also be repeated one leg at a time.



# Supine Double Hamstring Stretch

First, lie on your back and keep the stretching strap looped around both feet. Keeping your elbows bent slightly in a comfortable position, grasp a loop with each hand. Next, as you keep your back flat on the ground, slowly lift both legs up in the air by pulling on the straps, while striving to keep your knees straight. You should feel a stretch in the back of the thighs in the area of the hamstring. Hold. Repeat.



# Supine Hamstring Stretch

First, lie on your back with a leg stretched out in a straightened position. Your other leg should have the knee bent with the foot flat on the floor. Next, place the loop around the foot of the stretched leg. While holding the strap tight with both hands, pull your leg upward and toward you, keeping the knee straight. You should feel a stretch down the back of the leg. Hold this position for 30 seconds. Repeat the stretch on the



# Prone Quad Stretch

First, lie on your stomach with both legs extended and place the loop around one foot. Direct the strap behind your back and overhead. While keeping the strap tight with both hands, bend the knee and pull the foot towards your buttock. You should feel a stretch in the front of the thigh. Hold this position for 30 seconds. Repeat the stretch on the other leg.

**\*\*Bonus:** In order to isolate the stretch higher in the thigh (in the area of the hip flexor) the stretch should be repeated with the hip further extended. This can be done by propping the knee 2-4 inches from the ground and by repeating the same movement. In this case, you should feel the stretch in the front of the hip.



# Standing Chest and Biceps Stretch

Standing with strap directed behind your back. With each hand grab a loop just wider than shoulder width apart with your palms facing behind you (pronated). In this position extend your arms backwards away from your body and toward the ceiling. Keep your elbows straight and posture erect. The stretch should be felt in the chest and front of the arm. Hold this position for 30 seconds.





# Upper Trapezius Neck Stretch

Standing with the strap in one hand allow the strap to hang to the ground. Use the foot that is on the same side as the hand holding the strap and step on the strap making it taught. This should pull down on the arm causing your shoulder to depress. Initiate the stretch by side bending your head and neck to the opposite shoulder. A stretch should be felt in the side of the neck. Hold for 30 seconds. Repeat.



# Standing Chest and Anterior Deltoid Stretch

Standing with the strap directed behind your head at the level of your shoulders. Keep the arms spread open and elbows straight. Grab a loop with each hand. Holding the strap tight extend your arms backwards and down.

Keep your posture erect and chest high. The stretch should be felt in the front of the chest and shoulder. Hold this position for 30 seconds.



# Supine Adductor Butterfly Stretch

First, lie on your back and place each foot in a loop around the centre of the stretching strap. Next, by reaching up with both hands, grasp a loop near your feet. Initiate the stretching position by bending your knees and pulling your feet inward toward your groin. As you do so, allow your knees to fall outward away from each other. A butterfly stretching position should be recreated by doing so. You should feel a stretch in the inner thigh.

Hold.  
Repeat.



# Supine Piriformis Stretch

First, lie on your back with both knees bent. Next, move one leg across the other and rest your ankle just above the knee on the lower thigh. While keeping the foot rested on the ground, wrap the loop under your thigh. Using both hands, grasp the strap in a loop close to the thigh. Next, pull upward and bring the thigh and ankle towards your chest. You should feel a stretch in the glutes of the opposite thigh. Hold. Repeat.



# Supine Lateral Hip Stretch

While doing so, the pelvis will rotate and lift from the mat. You should feel a stretch on the  
oFirst, lie on your back with both legs fully extended flat on the floor and place the loop around one foot. Start the stretching position while holding the strap tight by lifting the leg upward and toward you (similar to the Supine Hamstring Stretch). Strive to keep the knee straight throughout the entire exercise. Once you are in this position, control the motion by slowly guiding the stretched  
the stretched  
the other leg  
position for  
stretch on  
out leg medially and across  
outside of the hip. Hold this  
30 seconds. Repeat the  
the other leg.



## Supine Medial Hip Stretch

First, lie on your back with both legs fully extended flat on the floor and place the loop around one foot. Start the stretching position while holding the strap tight by lifting the leg upward and toward you (similar to the Supine Hamstring Stretch). Strive to keep the knee straight throughout the entire exercise. Once you are in this position, control the motion by slowly guiding the stretched out leg laterally out away from the other extremity. You should feel a stretch in the groin region or the inner thigh. Hold this position for 30 seconds. Repeat the stretch on the other leg.



# Prone Quad Stretch

First, lie on your stomach with both legs extended and place the loop around one foot. Direct the strap behind your back and overhead. While keeping the strap tight with both hands, bend the knee and pull the foot towards your buttock. You should feel a stretch in the front of the thigh. Hold this position for 30 seconds. Repeat the stretch on the other leg.



# Prone Abdominal Banana Stretch

First, lie on your stomach and keep your hands grasped in the end padded loops. Next, place each foot into a loop in the middle of the strap. Push both hands up overhead, keeping your elbows straight, to start the stretching motions. Allow your knees to bend and your back to arch as your arms extend overhead – this way, your body will create a „banana” shape. You should feel a stretch in the abdomen and front of the hips.

Hold. Repeat.

