

Flexibility Programme

Flexibility is describe as the range of motion around a joint or series of joints. Regular stretching can maintain the flexibility and range that a joint can move in. If one fails to maintain their flexibility then ultimately their range of motion will diminish with age. Here is a simple guide to improving your flexibility. Always consult your GP before undertaking any form of exercise.

Muscles will stretch better when they are warm. It is therefore advisable that you should raise up the temperature by doing some 'warm up' exercises.

Once the muscles are warm then it is good practice to mobilise the joints by doing some mobility exercises.

A top to toe stretching routine may consist of the following:-

Full body stretch
Chest stretch
Upper back stretch
Triceps stretch
Shoulder stretch
Hamstring stretch
Quadriceps stretch
Calf stretch

More specific stretches may follow. These will usually focus on 'tight' areas or areas that need greater development such as the hamstrings.

If you have a personal trainer or someone experience in PNF stretching then this can also benefit you in a number ways. For more details on Personal Training contact the club on 01443 217837

Crown Fitness Top Tips

Try stretching during the adverts in your favorite TV show.

Have a stretch after a warm bath or shower

Stretch during you work day

Get a specific stretching programme at the Crown Fitness Club

Get your flexibility tested – see what areas need improving

For more details about stretching and mobility contact the CROWN FITNESS CLUB on 01443 217837