

# FLEXIBILITY Exercise List

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



**Directions:** For optimal joint mobility and functional movement, perform flexibility exercises as needed in addition to the *Dynamic Warm-Up* (Level I) or *Movement Prep* (Level II). You should generally “static stretch” only AFTER your workout when you are very warm. Static stretches are held for about 20-30 seconds. Relax about half way through to get a more stretch. Breathe deeply into your stretch; don’t force...just flow. ☺ Add some other favorites of your own to the list as desired for more variety.

➤ Make sure to check out my *Mobility Exercise Handout*. Based on my experience, doing “mobility” exercises with dynamic movement as opposed to “holding” is more productive for opening tight joints and stiff areas of the body than emphasizing static stretches. Bottom Line: Use variety and find what exercises work the best for you and your own body.

## UPPER BODY

- Door Shoulder Stretch
- Behind Back Reach & Lift
- Behind Back Reach & Hold
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LOWER BODY

- Standing Hip Flexor
- Iron Cross
- Pretzel Cross-Knee
- Seated Cross-Knee
- Leaning Calf
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\* Ron Jones (9.4.07)