



HOME STRETCHING GUIDE

From your gym, for stretching at home. Do these after a warm-up, a few times a week, and log them on page 2.

Athlete: _____

Coach: _____

Start date: ____/____/____

1 • Before you stretch the rules that keep it safe

- ☐ **Warm up first.** A few minutes of movement or a warm shower. Never stretch cold.
- ☐ **Stretch to a strong pull, never sharp pain.** A pulling feeling in the muscle is the stretch working. Pain at a joint means back off.
- ☐ **Nobody pushes.** No parent or sibling presses on a back or legs to go deeper. That's how hamstrings and hips get hurt.
- ☐ **Save bridges and backbends for the gym,** where a coach is watching.
- ☐ **If the lower back hurts during any stretch,** stop and tell the coach.

2 • The home routine hold each one for 20–30 seconds, two or three times

- ☐ **Pike stretch.** Sit with the legs together and straight. Fold forward from the hips with a long back, bringing the chest toward the thighs.
- ☐ **Straddle stretch.** Legs wide, knees and toes facing the ceiling. Tilt forward and walk the hands out. Getting the chest to the floor takes months.
- ☐ **Butterfly stretch.** Soles of the feet together, knees out to the sides. Hold the ankles, sit tall, and lean forward from the hips.
- ☐ **Front split, right leg forward.** From a kneeling lunge, slide the back knee back and the front heel forward, hips square. Hands on the floor or a couch cushion. Stop at today's range.
- ☐ **Front split, left leg forward.** Same again on the other side. Most athletes have a weak side, so don't skip it.
- ☐ **Wrist stretch.** Kneel with the palms flat and the fingers pointing toward the knees, and lean back gently. Then flip to the backs of the hands.

3 • Keep it going short and often wins

- ☐ **About 10 minutes most days** does more for a young gymnast than an hour on Saturday.
- ☐ **Make it a game.** Count holds out loud, stretch to a song, or let your athlete pick the next stretch.
- ☐ **Fill in the log on page 2** and bring it to practice so the coach can see how it's going.

The short version: warm up first, stretch to a strong pull and never to pain, nobody pushes, and bridges stay at the gym. If anything hurts, especially the lower back, stop and tell the coach.



STRETCH LOG

Four weeks, one row per day. Tick each stretch you did, and write down anything that hurt so the coach knows.

Athlete: _____

Weeks: ____/____ to ____/____

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