**Flagstaff High School**

**Strength & Conditioning**

Static Stretching and Foam Rolling

**Foam Roll** muscles for 30-60 seconds, longer for any tight spots.

**Stretching exercises**

After workouts, do static stretching – reach to the point you feel the stretch and hold for 20-30 seconds. Don’t hold your breath.

**Trunk side bend –** standing position,arms above head, lean to each side

**Trunk rotation –** standing position,arms pointingforward, rotate to each side

**Triceps** – standing or seated position, arm above head, elbow bent, pull behind head

**Posterior Shoulder/Upper Back** – standing or seated position, put arm in a L position in front of you and pull arm across in front of your face without twisting your trunk

**Traps** – standing or seated position, hold a dumbbell weight at your side and let it pull down on your shoulder

**Pecs/Biceps** – standing or seated position, clasp hands behind back and lift

**Quads** - Standing position, use hand to pull heel to butt

**Hip Flexors** – kneeling with one foot forward position, keep upper body straight and push hips forward

**Hamstring/Groin** – seated position, legs spread, back straight, reach forward to middle and to each foot

**Adductor (Groin)** – standing position, legs spread, lunge to each side

**Abductors (Hip)** – standing or lying on back position, pull knee to opposite shoulder

**Gluteals** – standing or lying on back position, pull one knee to chest

**Low Back** – standing or lying on back position position, pull both knees to back

**Calf (Gastrocnemius)** – standing position, lean into wall while keeping your heel on the ground.

**Calf (Soleus)** –standing position, lean into wall and bend your knee while keeping your heel on the ground.

**Forearms** – standing or seated position, place palms together in front of you and push down, place back of hands together in front of you and push up

**Neck** – see mobility exercises below

This whole routine should take 5-10 minutes.