

GYMSTICK STRETCHES

Rhomboids and Trapezius

Set up and alignment	Standing up, hold the stick with an over hand grip at chest level
Execution	Extend elbows forward pressing the stick away from the body. Lower the chin towards the chest and allow the shoulders to round forwards
Safety tips	If there is any cervical spine issues, maintain neutral spine by keeping the head lifted.



Rhomboids and Trapezius

Set up and alignment	Standing up, hold the stick with an over hand grip at chest level
Execution	Position elbows over the stick and using the elbows and upper arms press against the stick. Lower the chin towards the chest and allow the shoulders to round forwards
Safety tips	If there is any cervical spine issues, maintain neutral spine by keeping the head lifted. If this is uncomfortable on the wrists, release the hands and only use the elbows and upper arms



Posterior Deltoid and Rhomboids

Set up and alignment	Place the upright stick on the right side of the body. Grip the stick with one hand.
Execution	Drop the torso forward allowing body weight to stretch the shoulder and upper back
Safety tips	Gently manoeuvre the stick forward and back with the hand to achieve the most effective stretch



Pectoralis Major, Anterior Deltoid, Latissimus Dorsi. Biceps

Set up and alignment	Holding the stick with both arms, lift arms above head.
Execution	Pull down with one arm, keeping the arms extended behind the head. This will increase the stretch to one side and also stretch the back muscles
Safety tips	If there is shoulder pathology, avoid overstretching the shoulder and reduce range of motion. Recommended to provide an alternative option for this stretch if necessary



Pectoralis Major, Erectus Spinae, Latissimus Dorsi

Set up and alignment	Position the stick in front of the body and place both hands on top of the Gymstick
Execution	Drop the body forward and rotate to side so that the weight of the torso is assisting the stretch
Safety tips	Monitor the intensity of the stretch by adjusting the forward action with the body



Pectoralis Major, Anterior Deltoid and Biceps

Set up and alignment	Position the upright stick behind the body on the floor and grip the Gymstick with one hand
Execution	Bend the knees lowering the body towards the floor
Safety tips	If there is shoulder or bicep pathology, avoid overstretching the shoulder and the bicep and reduce range of motion. Recommended to provide an alternative option for this stretch if necessary



Pectoralis Major and Anterior Deltoid

Set up and alignment	Position the stick on the lower back and place the right palm against the stick at one end of the stick and the left palm 1/3 along the stick
Execution	Press the left hand forward so that the right arm moves backwards
Safety tips	If there is shoulder pathology, avoid overstretching the shoulder and reduce range of motion. If the stick feels uncomfortable against the lower back, place the stick on the buttocks



Anterior Deltoid

Set up and alignment	Hold onto stick behind the head with the right hand. Reaching behind the body, place the stick with the left hand
Execution	Pull the stick down in front of the body over the shoulder with the right hand allowing the left arm to lift up behind
Safety tips	If there is shoulder pathology, avoid overstretching the shoulder and reduce range of motion.



Pectoralis Major, Biceps and Anterior Deltoid

Set up and alignment	Position the stick in front of the body with hands on either end of the stick
Execution	Keeping the arms straight, lift the stick over the head and lower down as far as it is comfortable behind the body
Safety tips	If there is shoulder pathology, avoid overstretching the shoulder and reduce range of motion. Bend the elbows slightly if the shoulders are very inflexible



Quadriceps

Set up and alignment	Hold the upright stick against the floor in front of the body. Using the opposite hand, hold the toe behind the body
Execution	Pull against the foot bringing it as close of the body as possible. Contract the glutes and press the hips forward whilst maintaining neutral lumbar spine
Safety tips	If there is knee pathology, reduce range of motion. To ensure that the stretch is effective, ensure that the glutes are contracted and that the knees stay together.



Pectoralis Major, Latissimus Dorsi, Erectus Spinae and Obliques

Set up and alignment	Hands positioned on either end, hold the stick directly above the head
Execution	Pull one end of the stick down to one side and laterally flex the spine whilst keeping the arms straight
Safety tips	Keep the tension in the arms to assist with the stretch and also to control the amount of lateral flexion



Triceps

Set up and alignment	Hold onto stick behind the head with the right hand. Reaching behind the body, grip the stick with the left hand
Execution	Pull the stick downwards with the left hand. This will assist with bringing the right hand further down the upper back
Safety tips	Monitor the intensity of the stretch by adjusting the downward pulling force of the left hand



Trapezius

Set up and alignment	Place the stick across the back of the neck. Position the elbows against the stick and hands at the base of the skull.
Execution	Drop chin towards the chest and gently press the head forwards with the hands
Safety tips	If there are any neck issues, it is recommended to perform this stretch without the stick. Also ensure that the stick is not resting directly across the back of the neck.



Serratus Anterior

Set up and alignment	In a seated position, place the stick under the knees. Hold onto the stick between the knees
Execution	Holding the stick firmly, pull forward lifting the chest and arching the lower back
Safety tips	Retract scapula and breathe deeply to assist with effective execution of this stretch



Hamstrings

Set up and alignment	Hold the upright Gymstick against the floor in front of the body with one hand. Extend the knee and place the foot on the floor. Lean torso forward supporting the body weight with the opposite hand on the opposite thigh
Execution	Maintaining torso position, lift toe off the floor
Safety tips	Ensure that the supporting leg is slightly bent at the knee and to use the stick to partially support body weight



Hamstrings

Set up and alignment	Place the stick on the floor in front of the body, holding the stick behind the buttocks and position one leg along the stick.
Execution	Bend the supporting knee and flex the hips bringing the torso forward.
Safety tips	Ensure that the supporting leg is slightly bent at the knee and the opposite hand is supporting the body weight as the body leans forward



Erectus Spinae

Set up and alignment	In a standing position, place the stick under the knees. Hold onto the stick between the knees
Execution	Holding the stick firmly, pull up allowing the spine to curl and the shoulders to round.
Safety tips	Draw in the abdominals to ensure an effective stretch



Posterior Deltoid, Rhomboids

Set up and alignment	Place the upright stick on the left side of the body against the outside of the foot. Grip the top of the stick with the left hand and with place the right hand a little lower on the stick
Execution	Using your left hand, push the stick away from the body whilst keeping the right arm straight
Safety tips	Keep knees slightly bent and allow the torso to lean forwards slightly



Glutes

Set up and alignment	Position the stick to the front of the body and using it as a support, place the foot on the opposite thigh
Execution	Bend the supporting knee slightly, lean the torso forward
Safety tips	Ensure that downward pressure is applied to the stick so that it does not slip along the floor



Iliospoas and Rectus Femoris

Set up and alignment	Standing with feet in a lunge position, hold stick with the same arm as the leg in front
Execution	Bend the back knee and press the back hip forward (posterior tilt of the pelvis) whilst rotating torso towards the front leg
Safety tips	Ensure that the back knee is bent and for an effective stretch, ensure that glutes activate to tilt the hips posteriorly



Adductors

Set up and alignment	Position feet in a wide stance and place stick against the heel on one side
Execution	Bend both knees lowering the body towards the floor. Press the stick against the inside of the thigh and ensure that the opposite knee maintains external rotation
Safety tips	Use both the stick and the opposite hand on the thigh to support body weight to reduce body weight loading on the knees



Hamstrings, Erectus Spinae, Rhomboids and Trapezius

Set up and alignment	Place the stick across the sole of both feet with both knees flexed
Execution	With both hands holding onto the stick, extend the knees
Safety tips	If hamstrings and or lower back are inflexible, reduce range of motion and extend knees to where a comfortable stretch is felt



Posterior Deltoid, Rhomboids, Latissimus Dorsi

Set up and alignment	Place the stick across the sole of both feet with both knees flexed and hold the stick between the feet with one hand
Execution	Extend knees slightly until the stretch is felt in the upper body
Safety tips	Avoid gripping the stick too strongly to ensure that an effective stretch is achieved

