Start with comfortable handgrip, increase stretch one handgrip at a time, up to 3 grips (levels). The starting point will vary with each individual.

1st Level:
- Lightly feel the stretch in the designated area.
- 10—30 seconds.

2nd Level:
- Gently increase stretch.
- 10—30 seconds.

3rd Level:
- Hold comfortable level.
- 10—30 seconds.

Caution: Do not stretch to the point of pain.

Handgrips most beneficial for stretches 1, 2, 8, and 13.

Easiest                            Hardest

Specific Sport Best Stretches

Aerobics . . . . . . . . . . . .1—20
General Fitness  . . . . . .1 — 2 0
Running . . . . . . . . . . . . .1, 2, 3, 5, 7, 9, 10
Golf . . . . . . . . . . . . . .1, 4, 7, 9, 10—20
Tennis . . . . . . . . . . . . .1, 3, 4, 6, 7, 9, 10—20
Basketball . . . . . . . . . . .1, 2, 3, 5, 7, 9, 12, 13, 14
Football . . . . . . . . . . . . .1, 2, 3, 4, 6, 7, 9, 10, 14, 18, 19
Soccer . . . . . . . . . . . . .1, 3, 4, 5, 7, 8, 9, 10, 11
Baseball . . . . . . . . . . . . .1, 2, 3, 4, 7, 9, 12, 13, 14, 17, 18, 20
Gymnastics . . . . . . . . .1, 3, 4, 5, 7, 9, 12, 13, 14, 18, 19
Skiing . . . . . . . . . . . . .1, 2, 3, 4, 5, 7, 9, 10, 11, 12

Monitor Your Progress

Handgrips used: Light, Medium, Heavy

1st week: 3rd handgrip
6th week: 5th handgrip

Coaching Guide

Specific Sport Best Stretches

Aerobics . . . . . . . . . . . .1—20
General Fitness  . . . . . .1 — 2 0
Running . . . . . . . . . . . . .1, 2, 3, 5, 7, 9, 10
Golf . . . . . . . . . . . . . .1, 4, 7, 9, 10—20
Tennis . . . . . . . . . . . . .1, 3, 4, 6, 7, 9, 10—20
Basketball . . . . . . . . . . .1, 2, 3, 5, 7, 9, 12, 13, 14
Football . . . . . . . . . . . . .1, 2, 3, 4, 6, 7, 9, 10, 14, 18, 19
Soccer . . . . . . . . . . . . .1, 3, 4, 5, 7, 8, 9, 10, 11
Baseball . . . . . . . . . . . . .1, 2, 3, 4, 7, 9, 12, 13, 14, 17, 18, 20
Gymnastics . . . . . . . . .1, 3, 4, 5, 7, 9, 12, 13, 14, 18, 19
Skiing . . . . . . . . . . . . .1, 2, 3, 4, 5, 7, 9, 10, 11, 12