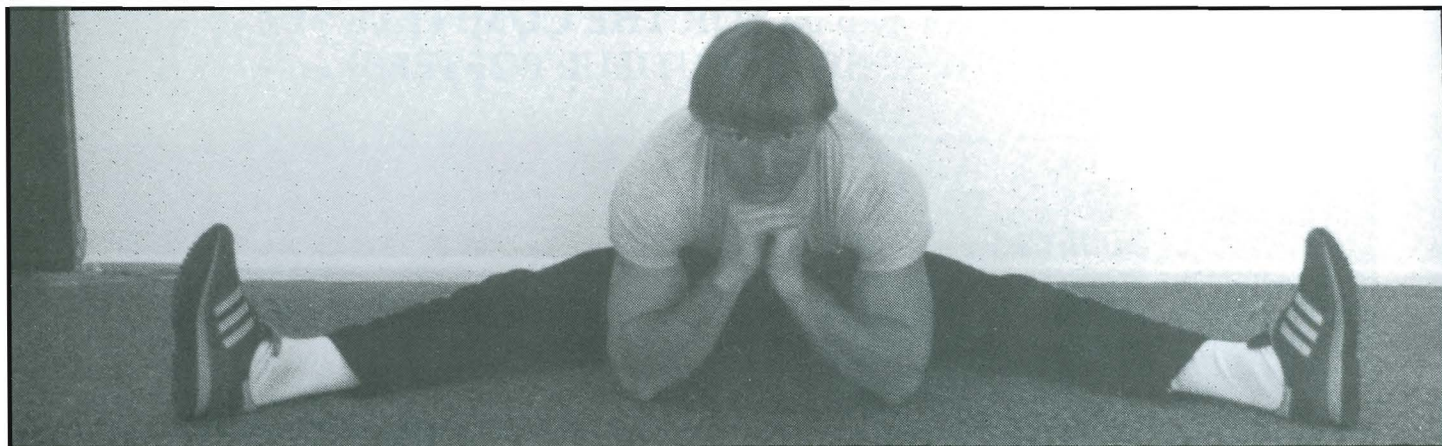


BFS FLEXIBILITY

Part 3
In a Series by
Bob Rowbotham



Shown is BFS Vice-President Bob Rowbotham, flexibility expert. Coach Rowbotham benches 400 pounds at a trim 180 pounds and demonstrates that strength and flexibility are compatible.

FLEXIBILITY — PART 3

We as coaches believe that stretching exercises provide obvious benefits for our athletes no matter what sport they are involved in. There are, however, some problems in determining what is an effective stretching program. If proper procedures are not followed, negative outcomes can result. The following are some simple guidelines to follow for any stretching program:

- ★ Warm up before stretching
- ★ Stretch before and after your activity or exercise program
- ★ Stretch gently and slowly
- ★ Stretch to a point of tension, not pain, do not bounce
- ★ Stretch should be held for a minimum of 10 seconds
- ★ Relax during your stretch

A warm up should always precede your stretching session. Allow approximately 5 minutes for your warm up period. All parts of the body should be involved in the warm up in order to prepare for stretching. It is important during the warm up to increase your body temperature, and blood flow. Your stretching program will be safer and more effective while the tissue temperature is higher. Cold muscles respond less favorably to stretch and are more susceptible to injury.

Most coaches and athletes stretch before a workout, but it is also beneficial to stretch after a workout. A light activity such as jogging or walking followed by stretching exercises are considered to be a good cool down. Tissue temperatures are the highest at this time and your stretching program can be very effective. A proper cool down with effective stretching techniques can help minimize the soreness that may result from a very tough workout.

A slow, gentle stretch is the basis to a safe program.

Gentle stretching performed slowly will assist in injury prevention and in the reduction of tissue soreness. Bouncing movements or quick movements should be discouraged in all flexibility programs.

A static stretch should be held for a minimum of 10 seconds, if time allows, 3 repetitions are recommended. If the stretch can be held from 30 – 60 seconds further stretching may occur as a more relaxed stretch is developed. Stretch to a position of tension not pain. Stretching to pain can result in added muscle tension, the possibility of tearing, and muscle contraction which would resist the stretch. Stretching should not exceed mild discomfort. It is important to learn to relax during your stretching program. Concentrate on what you feel during your stretches and follow these basic guidelines.

BFS FLEXIBILITY MANUAL

COST: Only \$4.95

- ★ A Great Source of Flexibility Information
- ★ All Flexibility Exercises are Demonstrated by Coach Rowbotham! Stick figure drawings are not used.
- ★ Written for coaches in an easy to understand style!

To order write:

BIGGER FASTER STRONGER

P.O. Box 20612

Salt Lake City, Utah 84120

or Call Toll Free 1-800-628-9737