

Flexibility Exercises Transcript - English

Titan Workout!

*Flexibility Exercises
Warming up & Static Stretching*

Let's go over flexibility.

*How to achieve flexibility?
Stretch through range of joint motions
Repeat often: 10-20 on each side*

Becoming more flexible can be achieved by stretching.

*Warm-up exercises
Walking lunges*

For walking lunges, step forward while moving the back leg towards the ground without the knee actually touching the floor continue until 10 repetitions are repeated on each leg.

Side to side leg swings

For side to side leg swings, in a standing position hold onto anything that would support you. Swing one leg side to side until 10 repetitions are completed on each leg.

In order to fully warm our bodies to get it ready for the exercise equipment we can also incorporate a mixture of cardio and flexibility by doing 20 on each leg of the exercises.

More warm-up? Do 20 on each leg for the exercises. Also add some cardio!

High Knees

High knees you'll start jogging very slowly lifting your knee up far enough to be parallel to the ground. Repeat this motion 10 times on each leg.

Static Stretching (After you workout)

Target hamstrings, hip flexors, calves and chest muscles

The main targets for our static stretching should be our hamstrings, hip flexors, calves and chest muscles simply because these muscles can be very tight.

Hamstring Stretch

Step forward on one leg and gently move upper body forward until a stretch is felt.

Hip Flexor Stretch

Step forward on one leg and shift your body weight forward in the front leg while keeping the back heel on the ground.

Calf Stretch

Step forward on one leg and shift your body weight forward in the front leg while keeping the back heel on the ground.

This should be felt in the back of the calf

Chest stretch

To stretch our chest muscles, place your arms behind your back interlacing your grip while pushing your chest forward and up towards the sky.

Things to remember:

Hold stretches for 15-30 seconds 3-5 times

Stretch at least 2 times a week

Warming up comes BEFORE the workout

Stretching comes AFTER the workout.

If you want to make balancing harder, close the eyes

Balance Exercises

Weight Balance

For weight shifts, step side to side, and forward and backwards.

Supported Single Leg Toe Touch

For the single leg stance, stand next to something for support in case you lose your balance. Stand on one leg and touch the toe.

Supported Single Leg Squat

For the single leg stands with movement, stand next to something for support in case you lose your balance. Stand on one leg and perform a partial squat. Repeat this five times on each leg.

Now its time to reflect!

How did my workout go today?

What did I do well in my workout today?

What did not go well in my workout today?

3 things I learned about myself in todays' workout

(Remember to write it down)

Upon completion of your exercises for the day, we recommend reflecting on your workout. What we mean by this is asking yourself: "How did my workout go?" What did I do well in my workout? What didn't go very well during my workout? We also recommend that you write down three things that you learned from your workout today whether they be positive or negative.

Physical Activity Readiness. Doctors clearance is advised if you have any of the following: Heart Condition, Chest Pain, Loss of balance or consciousness, Currently taking prescribed medicine for existing conditions.

Have a Great Workout!

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