



UPPER LIMB Stretching Guide

This stretching guide is ideal for swimmers, post boxing session, for gym-goers to use after any upper limb workout or HIIT session, and for anyone wanting to improve flexibility. This is also a great routine for anyone that sits at a computer for the majority of their day, to help prevent neck pain, headaches and upper back stiffness. The focus is on the upper limb muscles, with some spinal stretches included to help look after your upper back and neck, and assist with building a good foundation for your stretching.

When? Stretches should be always be done when the body is warm, so ideally after your workout, or at least ensure you get the blood flow pumping with a brisk 5 minute walk, skipping or 50 star jumps beforehand.

How Long? Hold the stretches for at least 30 seconds, but more if you feel you are particularly tight. Listen to your body and pay attention to which areas need more work.

Don't Push. It is ok to feel a mild discomfort while stretching, but never push into pain. You know your body best, so let it guide you.

How often? This depends on your goals and time. If you are stretching just for recovery and injury prevention, then stretch after each workout. If you're aiming to improve flexibility then the more you stretch the better, and daily stretching will allow you to see the best results.

Breathe! Don't forget to breathe while stretching, this will assist you to work through any discomfort and help your body relax into the stretch. Breathing also helps you reduce stress levels.





