



Scorpions Strength & Conditioning

Stretches

With stretching regularly you will benefit in many ways to improve yourself as a basketball player. The benefits of stretching are:

1. Improved range of movement
2. Increased power
3. Reduced post-exercise muscle soreness
4. Reduced fatigue

The rules for safe stretching

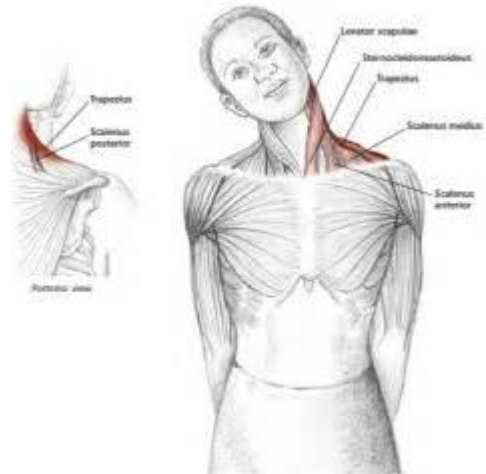
1. Warm up prior to stretching
2. Stretch before and after exercise
3. Stretch only to the point of tension
4. Stretch gently and slowly
5. Breathe slowly and easily while stretching

Each of the following stretches should be held for 20 seconds at a time. You should do each stretch 2-3 times. **Do not** be impatient with stretching.

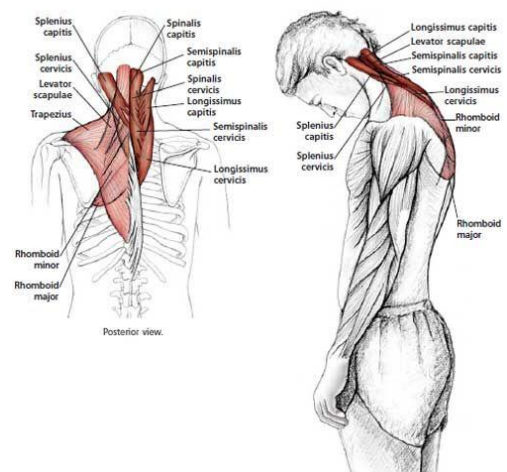
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Lateral neck stretch:



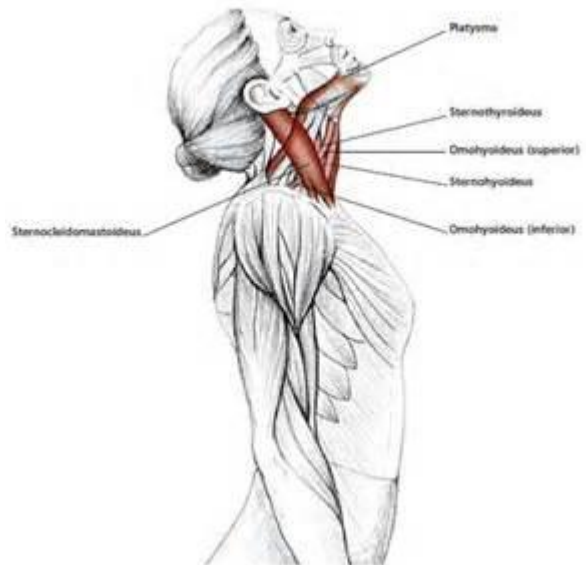
Forward flexion neck stretch:



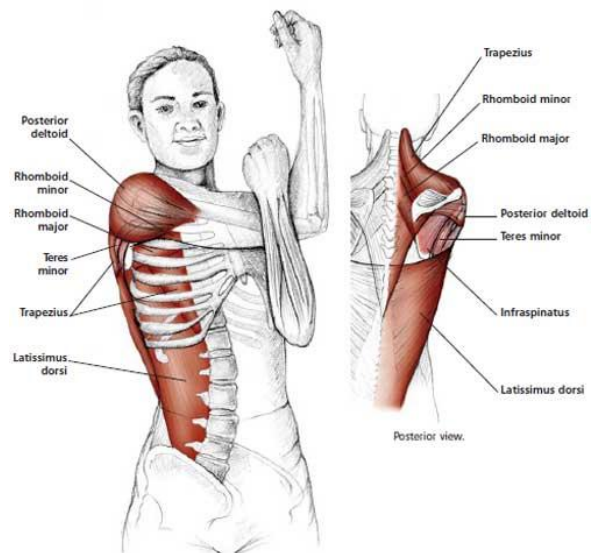
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Neck extension stretch:



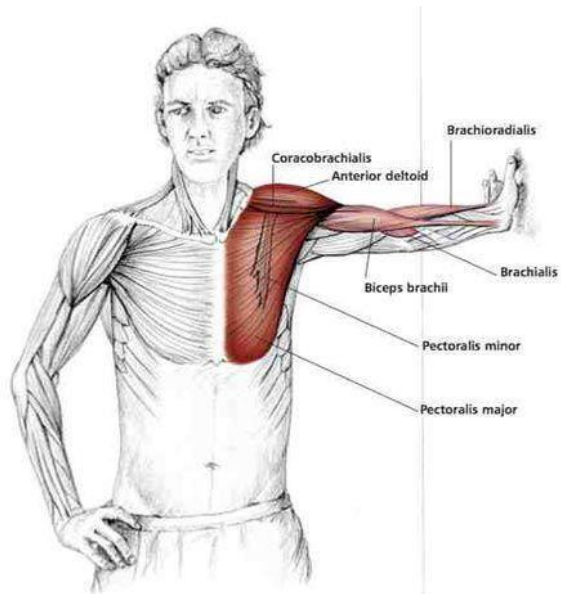
Bent arm shoulder stretch:



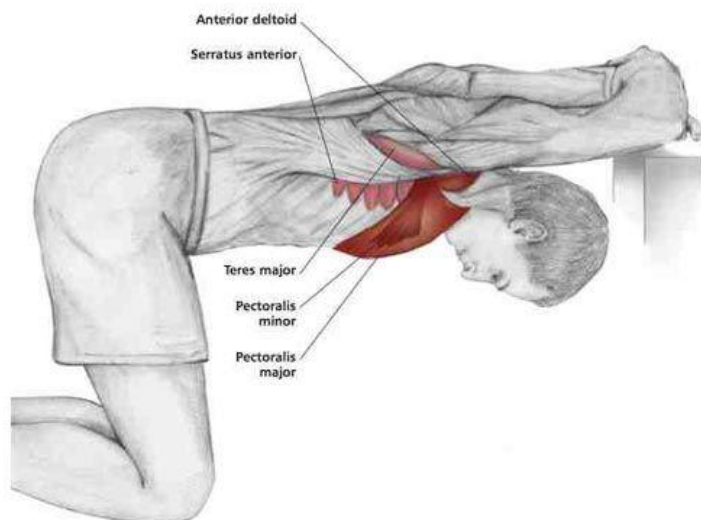
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Parallel arm chest stretch:



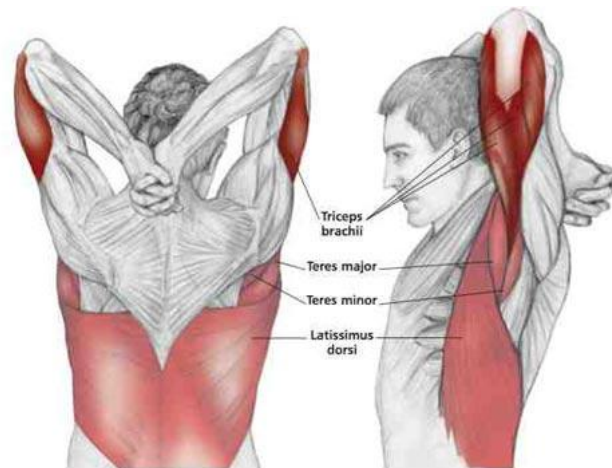
Kneeling chest stretch:



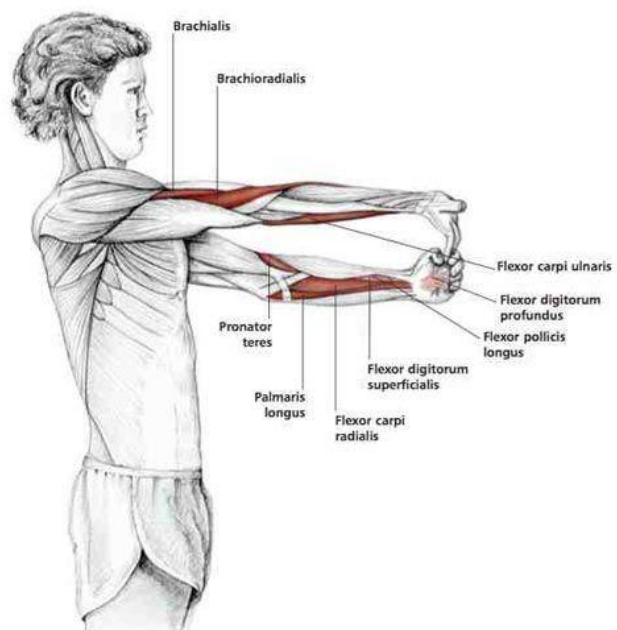
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Reaching-down triceps stretch:



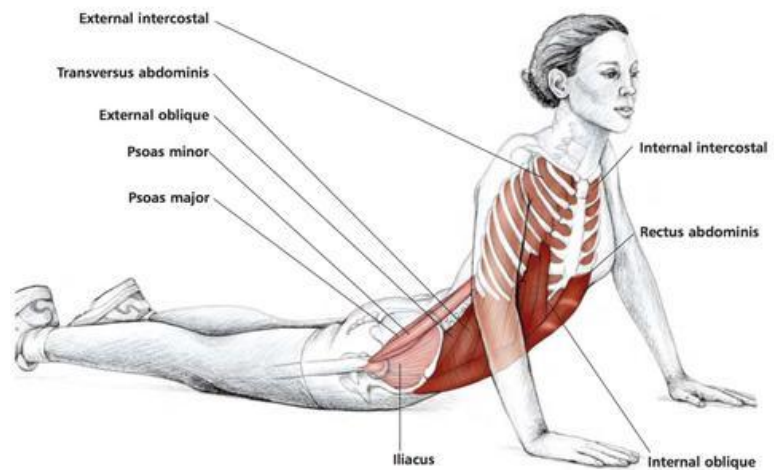
Fingers-down forearm stretch:



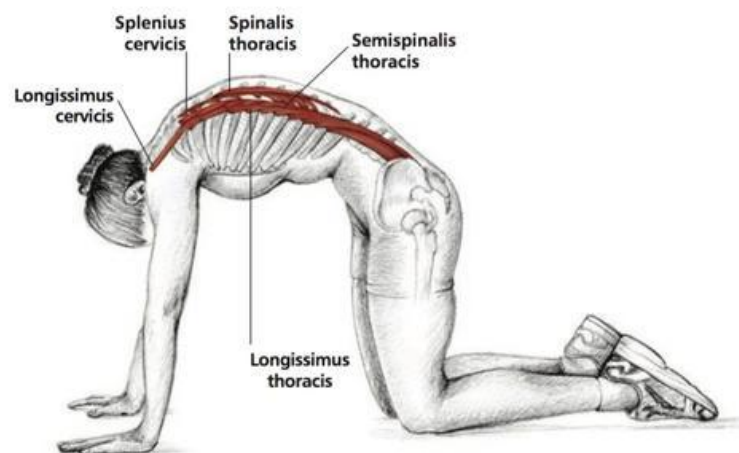
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Rising stomach stretch:



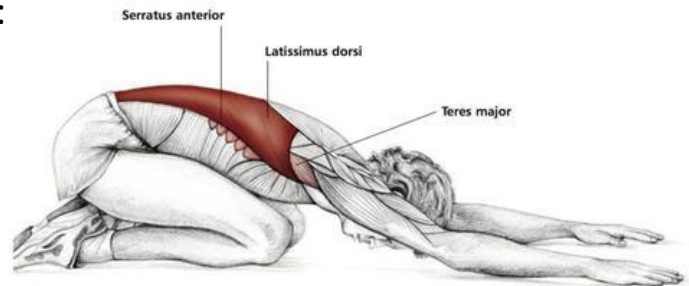
Kneeling back-arch stretch:



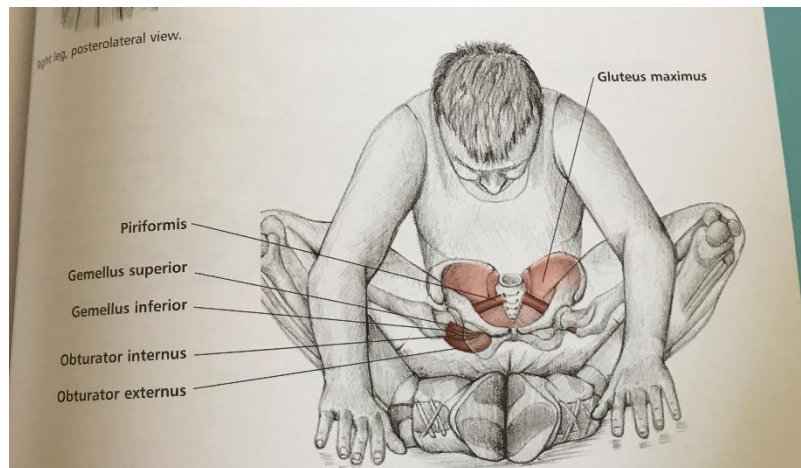
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Kneeling reach forward stretch:



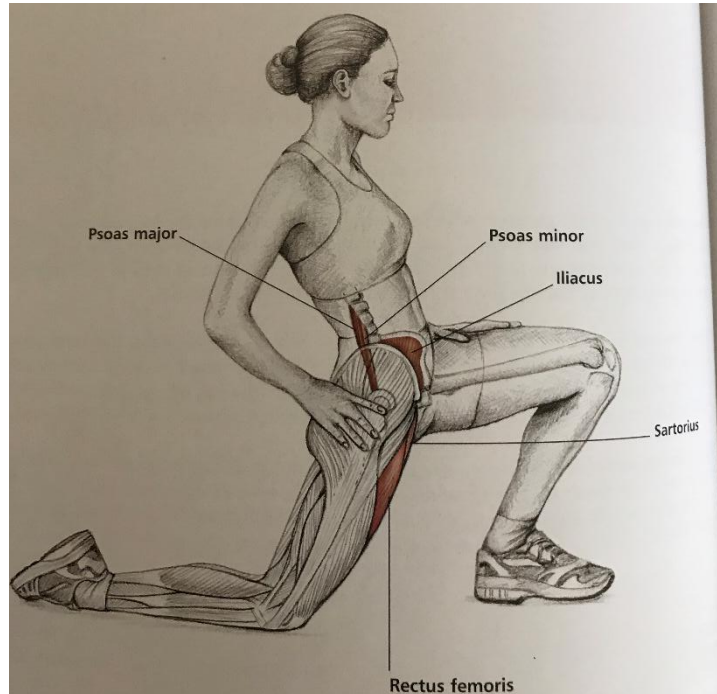
Sitting feet-together reach forward stretch:



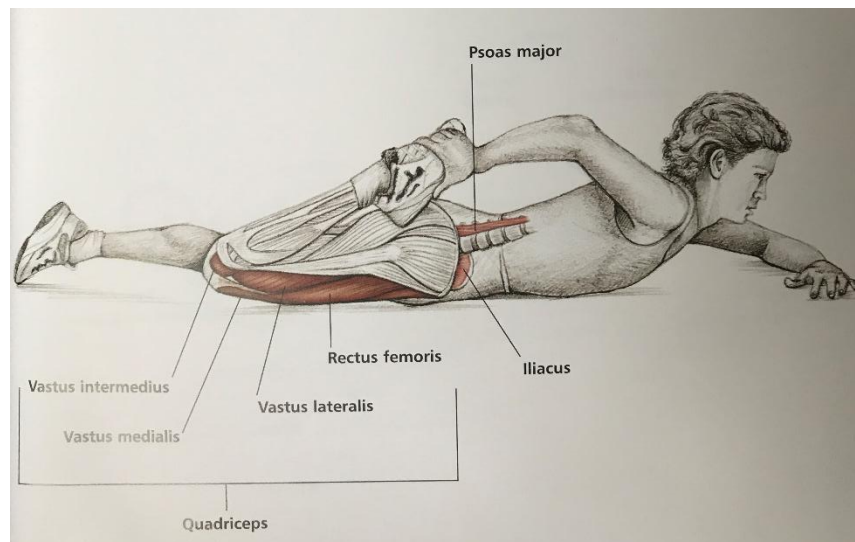
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Kneeling quad stretch:



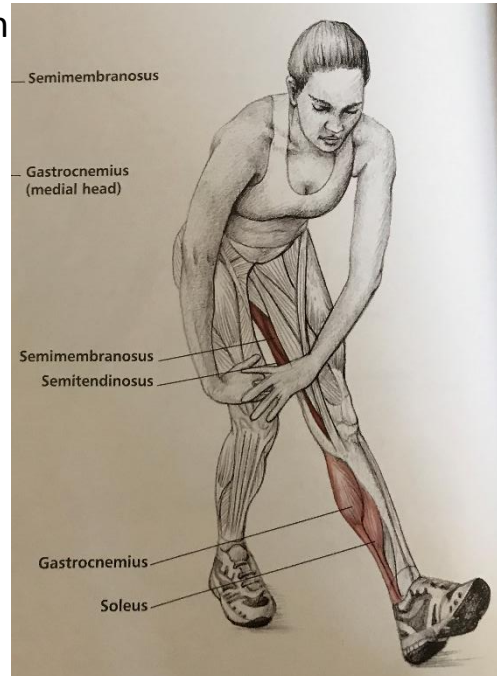
Lying quad stretch:



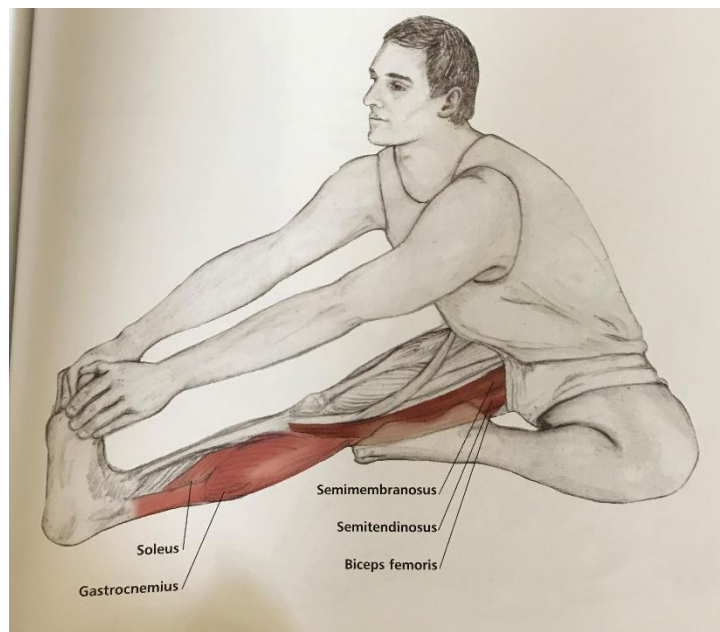
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Standing toe-raised hamstring stretch



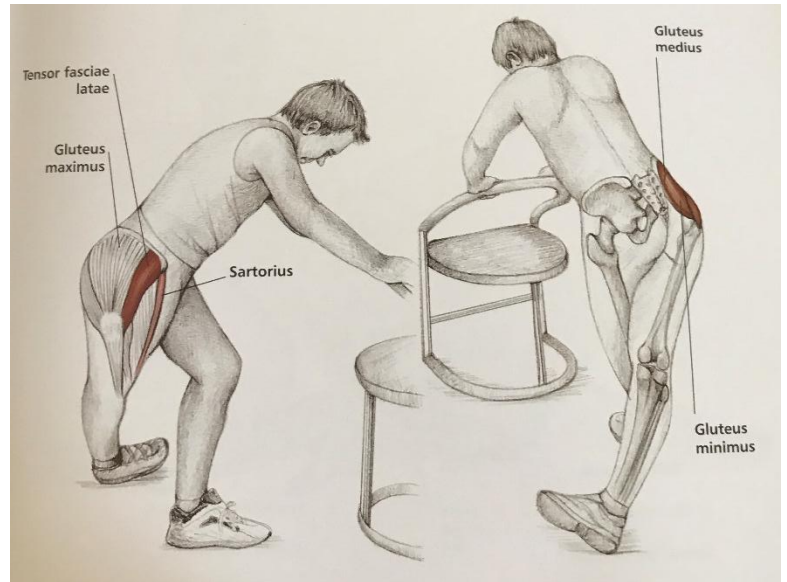
Sitting single leg hamstring stretch:



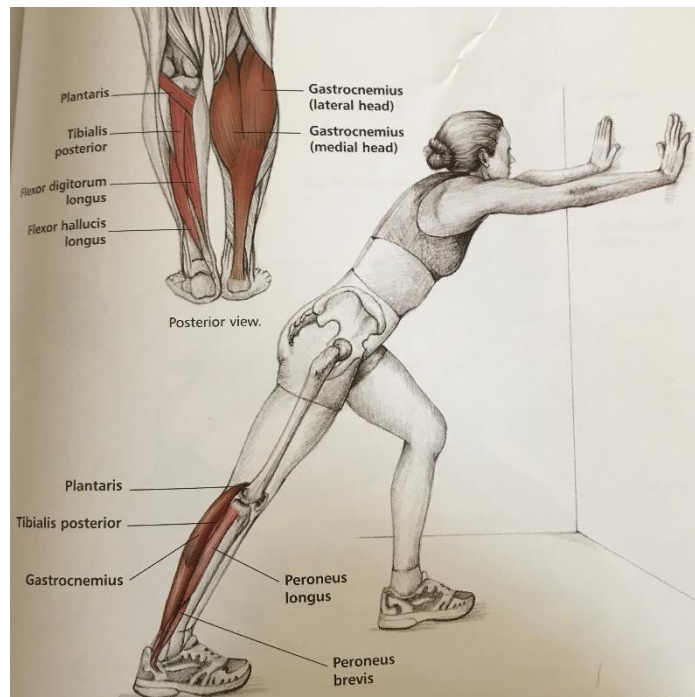
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Standing leg-under abductor stretch:



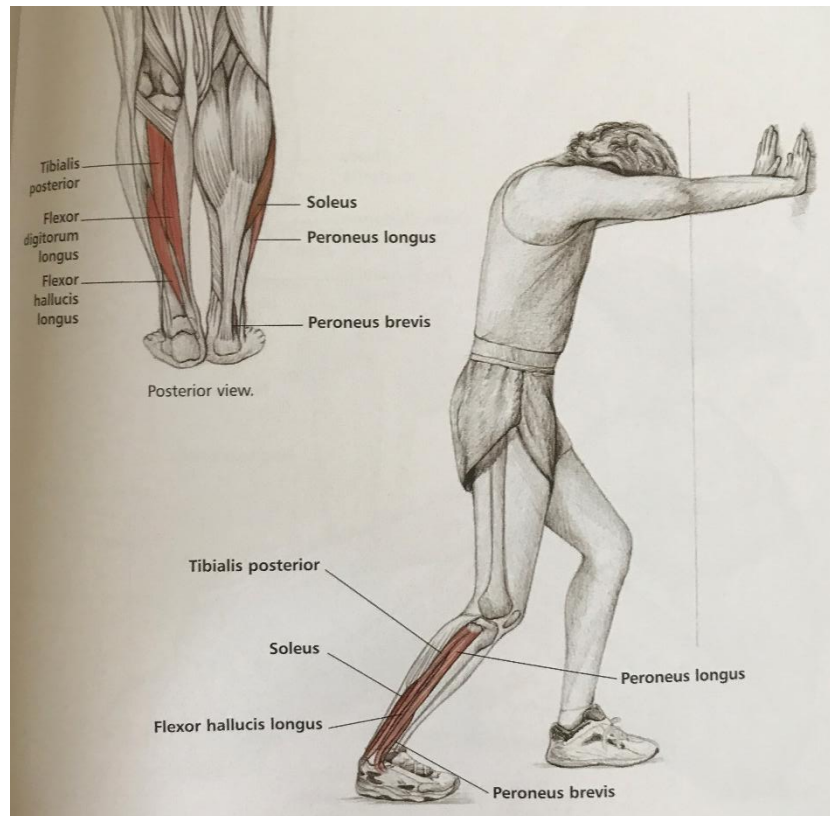
Leaning heel back calf stretch:



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Leaning heel back achilles stretch:



Information referenced from Walker, B (2011). *The Anatomy of Stretching*. California: Lotus Publishing.

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