

# Gravity Stretches

**Learn How to Stop Pain and Get More Movement  
through Simple Stretches**



## What Are Gravity Stretches?

Simply using gravity to aid your stretches, so when you relax you are in effect not doing so much of the work. Gravity is exerted on us daily so why not use it to our advantage.

The goal is to :-

- Increase flexibility
- Thus increasing strength and the overall effectiveness of the muscle
- Thus reducing any risk or further risk or issue brought on by overuse activity.

## 7 Stage Stretch Timer

Using your watch, stop watch or timer set the allocated time for the stretch

Perform the gravity stretch and hold for

A stage can be related to a day but this depends on your schedule. This needs to be adapted to you

Stage 1	Hold stretch for 1 minute - and repeat x3
Stage 2	Hold stretch for 2 minutes - and repeat x2
Stage 3	Hold stretch for 2 minutes - and repeat x3
Stage 4	Hold stretch for 3 minutes - and repeat x2
Stage5	Hold stretch for 3 minutes - and repeat x2
Stage 6	Hold stretch for 4 minutes - and repeat x 2
Stage 7	REST Stage
Stage 8	Hold stretch for 5 minutes - and repeat x 2

It is essential that you take control of your body when performing these stretches.

And because it is for you, you have to take control of the development of the stretches too.

## **Breathing While Stretching**

Breathing and relaxing forms a very important part in gaining results because if there is resistance, the muscles will take longer to adjust to the ease their way into the new position.

So breathing deeply and easily and relaxing even more on the outward breath, will make your stretching easier.

The most important thing is that you get results that benefit you.

In order to make this easy for you to continue with this program after you have experienced it for the first time they have been put into sections. You choose the section that you feel you need to improve and then for 10 -15 minutes a day you focus on developing the muscle or muscle group to gain advantage and take back your health through your new found flexibility.

The Goal For General Flexibility Is To Use Gravity Stretches.

## Hamstrings

Standing with the knees slightly bent slowly walk your hands down your legs supporting yourself until you are hanging in what is known as a Rag Doll Stretch. This can be performed normally - Rag doll focussed on one leg or Rag doll dynamic stretch



## Kneeling Hamstring stretch



This can be adapted to incorporate the calf muscles

## Hip Flexors – Kneeling



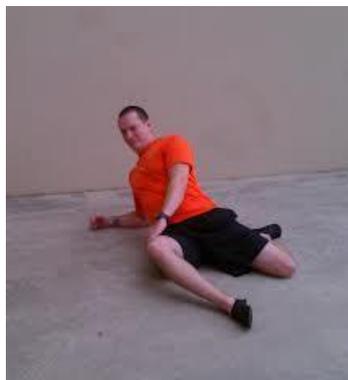
## Buttocks - Stretches



## Standard Quad Stretch



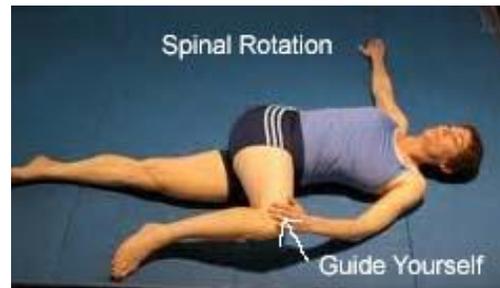
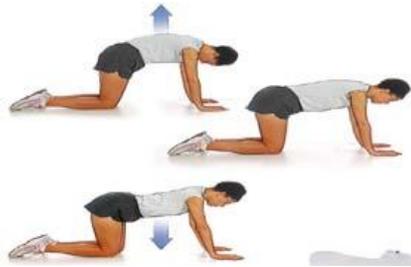
## Advanced Quad Stretch



## Seated Inner thigh Stretch



## General Back Maintenance



## Shoulders



**The Overhead 1 Minute Stretch per Day Everyday**

