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A healthy & balanced lifestyle for every body.

TIPS FOR STRETCHING From Peter Bug

Warm up:

Get those muscles "warm" by rotating your joints and allowing your blood to flow, making your muscles more limber.

Hold that stretch:

Maintain your stretch for 10-15 seconds, but let go if it hurts. Stretching should feel good.

Don't hold your breath:

Breathe regularly and definitively - in and out, in and out.

Stay aligned:

In a proper stretch, your ear should line up with the tip of your shoulder, your hip bone and the protruding bone on your ankle.

Stretch in front of a mirror:

Look at yourself and make sure your posture is in alignment.

Enjoy yourself and relax:

Proper stretching will be the start of a more effective workout.