

Supplemental Digital Content 1. Stretch instructions and photo

A. Calves

Static

1. Assume push-up position, keeping knees and elbows straight.
2. Allow one knee to drop by rolling onto ball of foot.
3. Gently lower heel of planted foot down as low to the ground as possible until stretch is felt at the calf.
4. Hold the stretch at point of discomfort (POD) for 5 or 10 seconds (depending on instructions for the day) before switching legs.



Dynamic

1. Assume push-up position, keeping knees and elbows straight.
2. Allow one knee to drop by rolling onto ball of foot.
3. Gently lower heel of planted foot down as low to the ground as possible until stretch is felt at the calf.
4. Hold at POD only briefly (0.5 s) before lifting the heel up again.
5. Repeat for 5 repetitions per leg in a down-pause-up motion.

Performance points

1. Point grounded foot straight ahead
2. Keep the back straight.
3. Lower the heel as close to the ground as possible to POD.

B. Quadriceps

Static

1. Grasp ankle and gently pull your heel up and back until you feel the stretch in the front of your thigh.
2. Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together.
3. Hold at POD for 5 or 10 seconds.
4. Switch legs and repeat.



Dynamic

1. Grasp ankle and gently pull your heel up and back until you feel the stretch in the front of your thigh.
2. Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together.
3. Add a secondary pulling/tugging motion (pull foot upwards along your back) before releasing the ankle and switching legs.
4. Repeat for 10 repetitions per leg in an up-tug-down motion.

C. Hamstrings

Static

1. Lie on back and lift knee up, keeping knees straight as far as possible and maintaining dorsiflexion.
2. Grasp behind thigh near knee with both hands and pull knee close to chest.
3. Hold stretch for 5 or 10 seconds at POD.
4. Release and repeat with opposite leg.



Dynamic

1. Lie on back and lift knee up, keeping knees straight as far as possible and foot maintaining dorsiflexion.
2. Grasp behind thigh near knee with both hands and pull knee close to chest.
3. Add a secondary pulling/tugging motion before releasing leg.
4. Repeat with opposite leg, 5 repetitions per leg.

Performance points

1. Maintain foot dorsiflexion
2. Keep knee extended

D. Hip Flexors

Static

1. Stand with hands on hips and with one leg approximately a leg length in front of the other, with the forward leg slightly bent at the knees and rear leg maximally extended.
2. Slowly lunge forward by bending forward leg.
3. With chest high, straighten hip of rear leg by pushing hips forward.
4. Hold stretch at POD for 5 or 10 seconds and repeat with opposite side.



Dynamic

1. Stand with hands on hips and with one leg approximately a leg length in front of the other, with the forward leg slightly bent at the knees and rear leg maximally extended.
2. Slowly lunge forward by bending forward leg.
3. With chest high, straighten hip of rear leg by pushing hips forward.
4. Hold stretch at POD for about a second before returning to starting position.
5. Repeat for 5 repetitions in a 'forward-pause-back' motion before switching to opposite leg.

Performance points

1. Keep torso upright, close to vertical.

E. Hip Adductors

Static

1. Stand with feet facing forward and slightly more than shoulder width apart
2. Lean to one side by dropping one knee, causing the muscles of the other leg to go into tension
3. Hold the stretch for 5 or 10 seconds at POD
4. Switch legs and repeat.



Dynamic

1. Stand with feet facing forward and slightly more than shoulder width apart
2. Lean to one side by dropping one knee, causing the muscles of the other leg to go into tension
3. Pause and hold at stretch position at POD for about a second before leaning to the other side
4. Repeat for 5 repetitions per side in a 'lean-pause-back' motion.

Performance points

1. Maintain vertical upper body

F. Ankles

Static

1. Stand with hands on hips and feet shoulder-width apart.
2. Supporting bodyweight on one leg, roll ankle of other leg laterally until stretch is felt to POD.
3. Hold for 5 or 10 seconds.
4. Return and repeat with opposite ankle.



Dynamic

1. Stand with hands on hips and feet shoulder-width apart.
2. Supporting bodyweight on one leg, roll ankle of other leg laterally until stretch is felt to POD.
3. Hold stretch position for about a second before returning to starting position.
4. Repeat for 5 repetitions in a 'roll-pause-back' motion before switching legs.

G. Gluteals

Static

1. Standing on one leg, grasp below the knee of the other leg and pull it as close to your chest as possible.
2. Hold the stretch at POD for 5 or 10 seconds.
3. Release and repeat with other leg.

Dynamic

1. Standing on one leg, grasp below the knee of the other leg and pull it as close to your chest as possible.
2. Add a secondary tugging motion before releasing and switching legs.
3. Repeat for 5 repetitions per leg.



H. Upper chest and shoulder

Static

1. Interlock fingers of both hands behind your back, palms together, and lift both arms up and back as high as possible while maintaining full elbow extension.
2. Hold the stretch at POD for 5 or 10 seconds.

Dynamic

1. Interlock fingers of both hands behind your back, palms together, and lift both arms up and back as high as possible while maintaining full elbow extension.
2. Pause at stretch position for ~0.5 s before releasing.
3. Repeat for 5 repetitions in a stretch-pause-release motion.

Performance points

1. Minimize shoulder shrug



I. Upper back

Static

1. Interlock fingers of both hands in front of torso, palms together, and lift both arms forward and up until it is directly above your head.
2. Hold the stretch at POD for 5 or 10 seconds, feeling the stretch through the back muscles.

Dynamic

1. Interlock fingers of both hands in front of torso, palms together, and lift both arms forward and up until it is directly above your head.
2. Pause at stretch position for ~0.5 s before releasing, feeling the stretch through the back muscles.
3. Repeat for 5 repetitions in a 'stretch-pause-release' motion.

