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

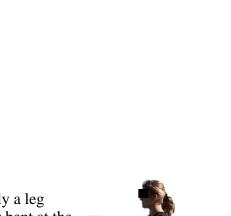
- 1. Stand with hands on hips and with one leg approximately a leg length in front of the other, with the forward leg slightly bent at the knees and rear leg maximally extended.
- 2. Slowly lunge forward by bending forward leg.
- 3. With chest high, straighten hip of rear leg by pushing hips forward.
- 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.

