

# The Ultimate Stretching Manual

*175 Stretches for every body part*



*Grandmaster Ted Gambordella*

# The Ultimate Stretching Manual

*175 Stretches for every body part*

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*Grandmaster Ted Gambordella*

## The Complete Book of Stretching

# Shoulder Stretches



**Do all stretches 6 to 8 times. Relax and breath easy, do not bounce or force the stretch..**

# The Complete Book of Stretching



Reach across the body and grab the elbow. Pull it gently across your body.

# The Complete Book of Stretching



Reach behind your body and grab the wrist of one arm, gently pull the wrist behind your back.

# The Complete Book of Stretching

While holding your wrist with the other arm lean forward to stretch. Repeat to both sides.



## The Complete Book of Stretching



Here we are doing arm circles. Hold the hands pointed to the sides and make large gentle swings of the arms around the body.



# The Complete Book of Stretching

Shrug the shoulders forward and backwards to loosen them.





# The Complete Book of Stretching



Here we do a modified arm swing. Hold the arms straight to the sides and swing them up as high as possible to the front.



# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it across the body.



# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it across the body.

## ook of Stretching

Place the arms on the back of the neck and flex them to stretch the chest and shoulders.

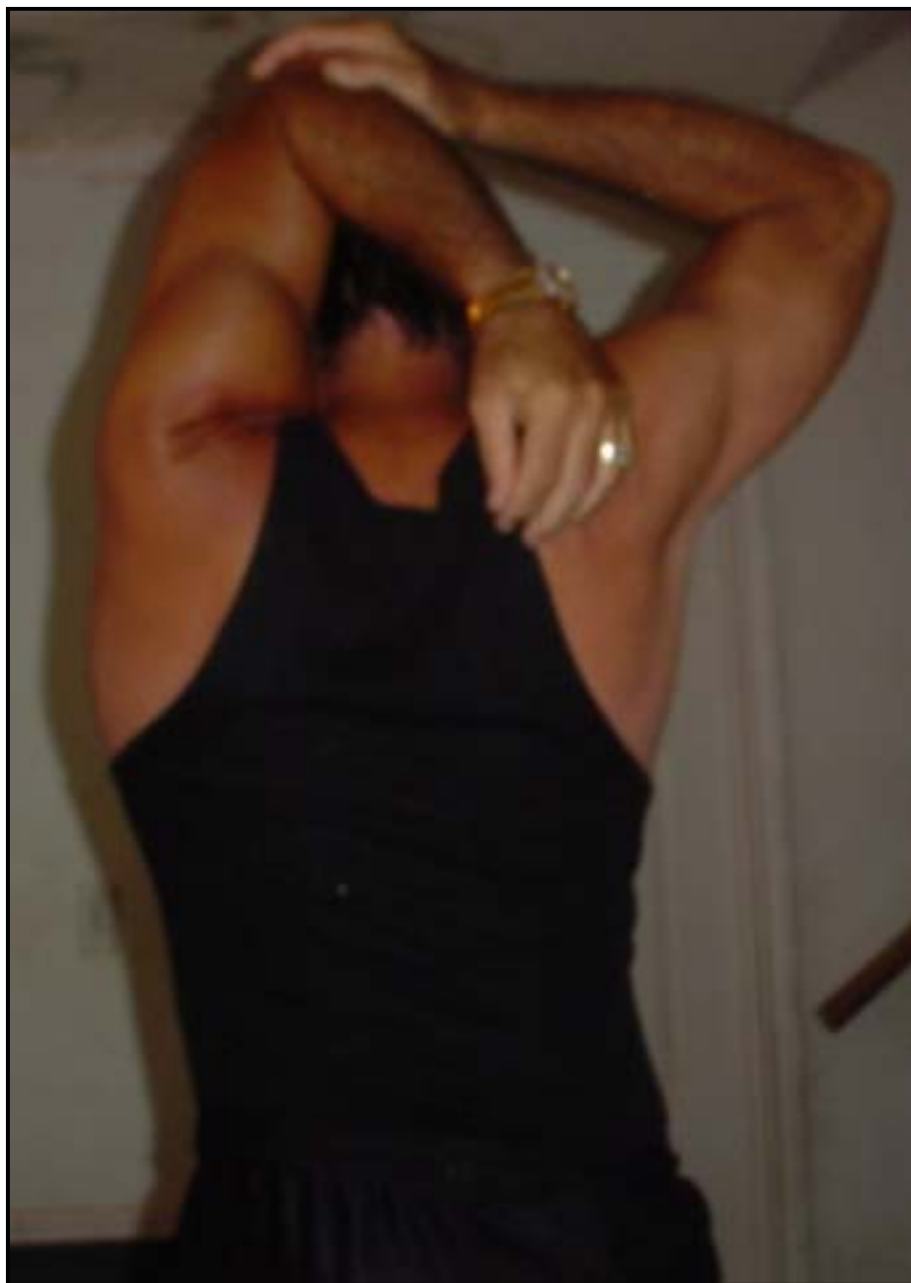


# The Complete Book of Stretching

Reach out and hold the wall while pulling the body forward.



# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it down across the back.

# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it across the body.

# The Complete Book of Stretching



Lean back against the bar and drop the body down as if doing a reverse dip. Use the legs for support.





# The Complete Book of Stretching



Reach around and grab the wrist of one arm with the other, then lean forward and stretch it.



# The Complete Book of Stretching

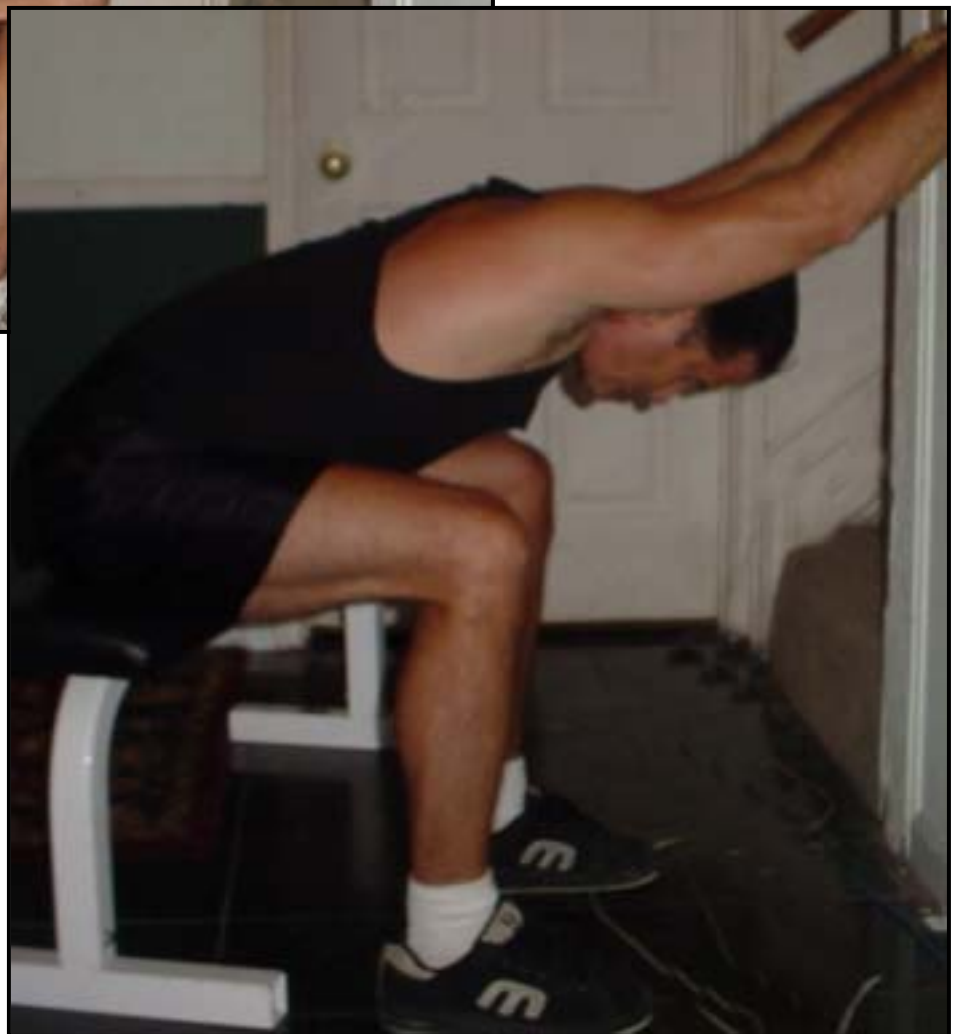


Lean out to the wall and hold one arm on the wall and you stretch forward.

# The Complete Book of Stretching



Hold onto the wall while sitting and then stretch the body down and forward.



# The Complete Book of Stretching



Put one leg straight out while sitting and reach back with the opposite arm. Alternate arms.

# The Complete Book of Stretching



Reach back and grab the wrist and pull the arm across the back of the body.

# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and lift it up as far as possible towards the back

# The Complete Book of Stretching



Hold the arms behind the head and the push them forward trying to touch the elbows together.



# The Complete Book of Stretching



Stand very tall and reach up, then stretch up to the toes while reaching as high as you can.





# The Complete Book of Stretching

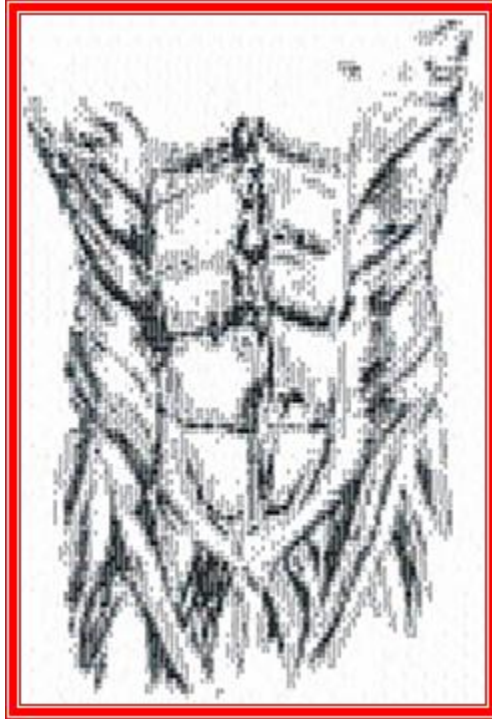


Stand tall and shrug the shoulders up and around to loosen them.



# The Complete Book of Stretching

## Ab Stretches



**Do all stretches 6 to 8 times. Relax and breath easy, do not bounce or force the stretch..**

# The Complete Book of Stretching

The basic "crunch" Place the hands behind the head, feet on the ground and then lift the feet while pulling the body off the floor



# The Complete Book of Stretching

Reach up and grab the knees and pull the head towards the knee to stretch the back.



# The Complete Book of Stretching

Modify the crunch by crossing the legs.



# The Complete Book of Stretching



The basic stiff legged sit up with the hands behind the neck.



# The Complete Book of Stretching



Cross the arms across the body to modify the sit up.



## The Complete Book of Stretching



Here we work the side by doing a sit up and leaning to either side as we come up.

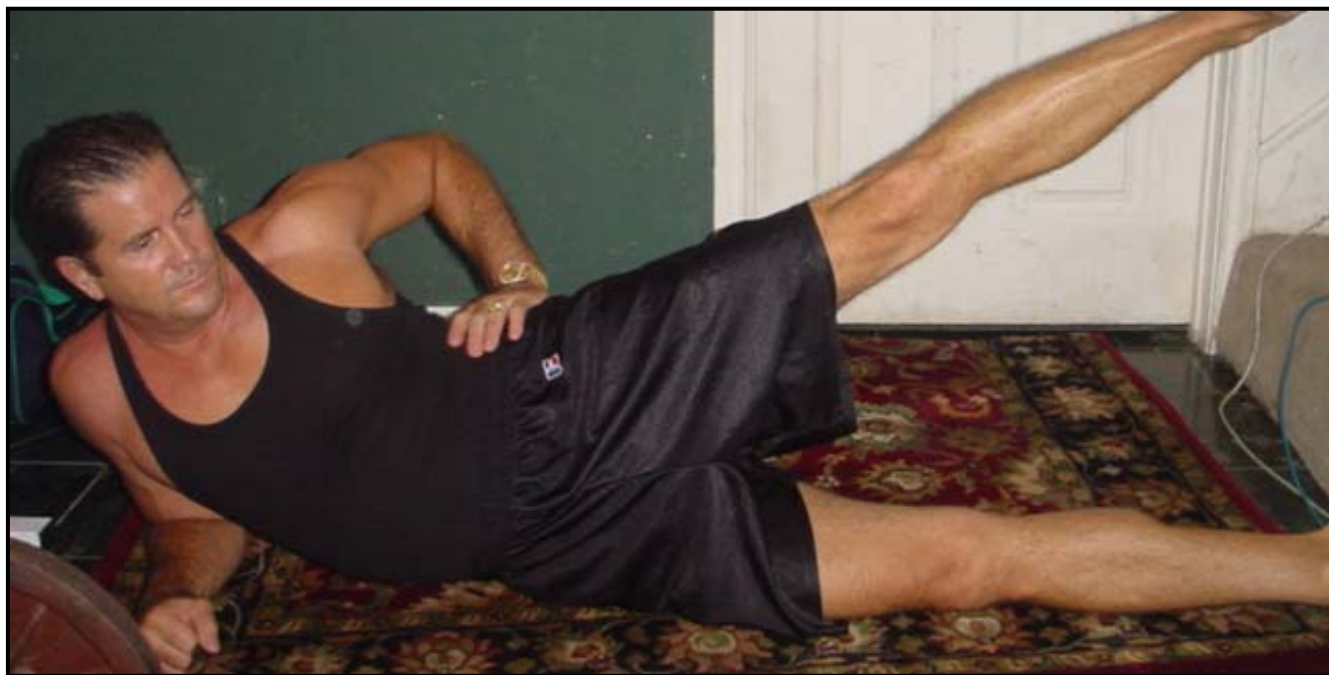




# The Complete Book of Stretching



You can stretch the hips  
by lying on your side and  
lifting the leg straight up.



# The Complete Book of Stretching



Lie on the floor on your side and then supported by your hands arch the body up to the side.

# The Complete Book of Stretching



You can also arch the body up to the side with using only the side muscles by crossing the arms.

# The Complete Book of Stretching

## Arm Stretches



**Do all stretches 6 to 8 times. Relax and breath easy, do not bounce or force the stretch..**

# The Complete Book of Stretching



Reach across the body and grab the elbow. Pull it gently across your body.

# The Complete Book of Stretching



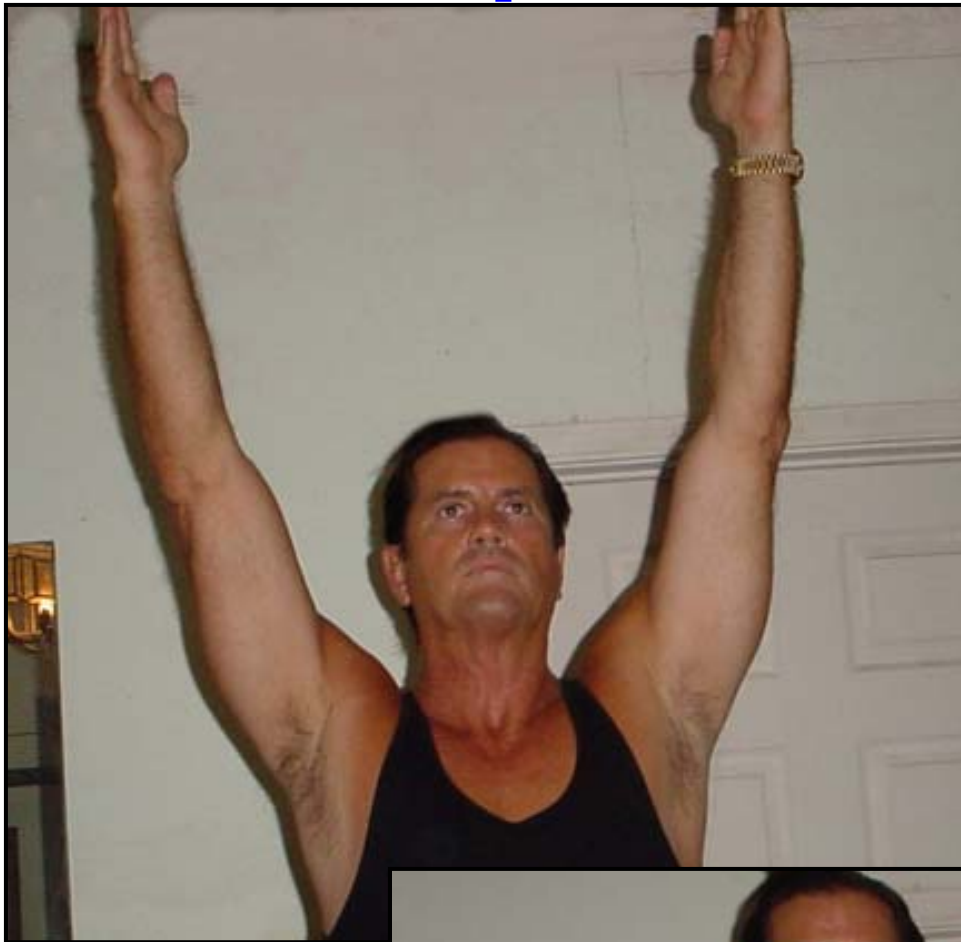
Reach behind your body and grab the wrist of one arm, gently pull the wrist behind your back.

# The Complete Book of Stretching

While holding your wrist with the other arm lean forward to stretch. Repeat to both sides.



# The Complete Book of Stretching



Here we are doing arm circles. Hold the hands pointed to the sides and make large gentle swings of the arms around the body.





## The Complete Book of Stretching



Here we do a body twist.  
Hold the elbows at  
shoulder height and gently  
twist for side to side.



# The Complete Book of Stretching



Here we do a modified arm swing. Hold the arms straight to the sides and swing them up as high as possible to the front.



## The Complete Book of Stretching



Small arm circles, holding the arms to the side make small circles forward and backwards..



# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it across the body.



# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it across the body.

# The Complete Book of Stretching

Reach out and hold the wall while pulling the body forward.



# The Complete Book of Stretching



Here we stretch wrist and fingers by placing the hand flat on the bench and pushing down with the palm of the other hand..



## The Complete Book of Stretching



Lock the fingers together and then gently roll them over and out.





# The Complete Book of Stretching



Reach up and wrap the hand around the wrist and gently twist it forward and backwards.



# The Complete Book of Stretching

Hold the wrist pointed down and gently push on the back of the wrist with the other hand.



## The Complete Book of Stretching



Hold the hands together as if praying in front of the head and then drop them down in front of the body.



## The Complete Book of Stretching



This is hard wrist twist, lock the fingers together and then roll the hand in a circle until the wrists are pointing forward.



# The Complete Book of Stretching



Here we stretch the wrists by placing them on the hips and pushing them gently into the body.

# The Complete Book of Stretching



The same wrist stretch  
done with the palms  
facing down.

# The Complete Book of Stretching

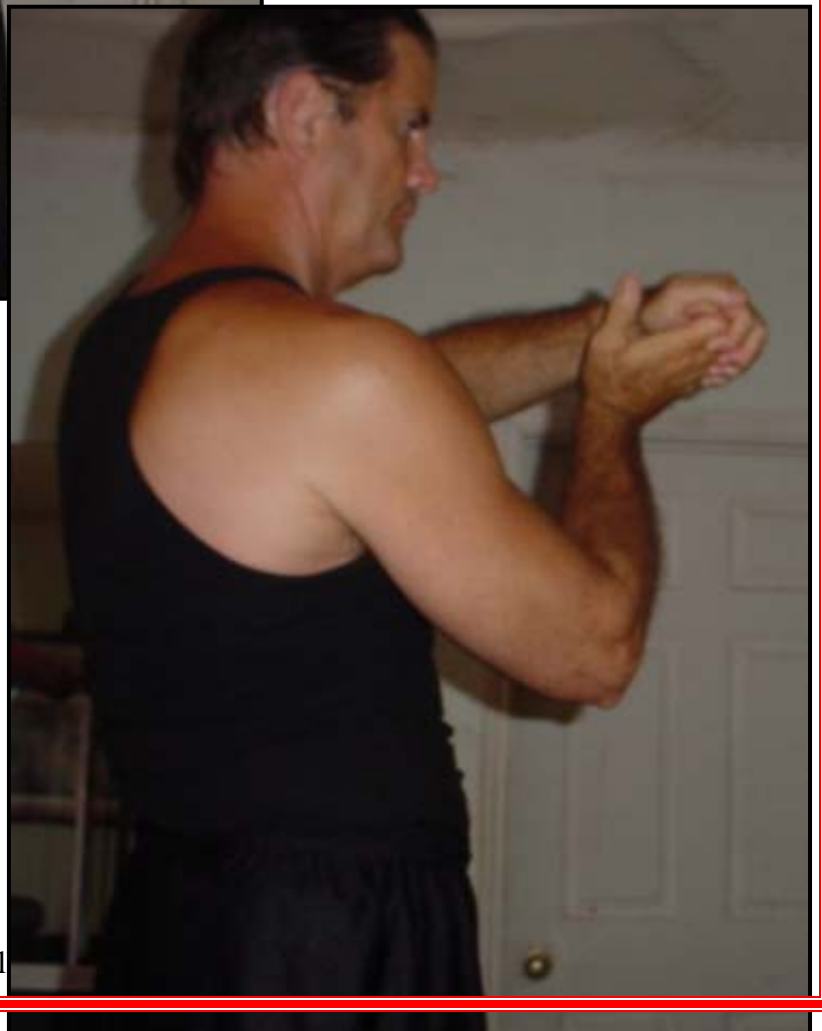


Here we stretch the fingers by gently pulling them apart.

## The Complete Book of Stretching



Another finger stretch, where we reach down and grab the fingers and gently bend them backwards. We can also do all 4 fingers at once.

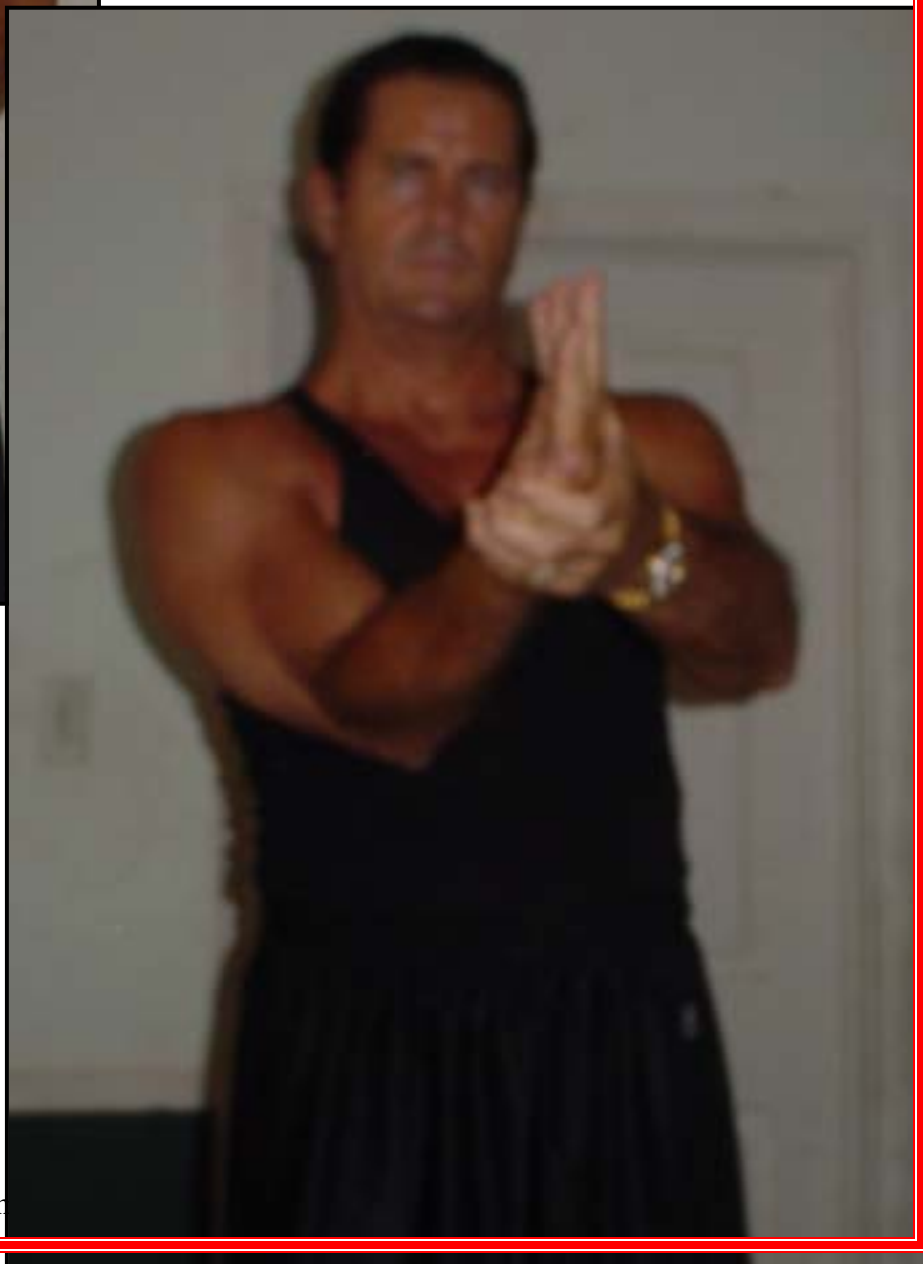




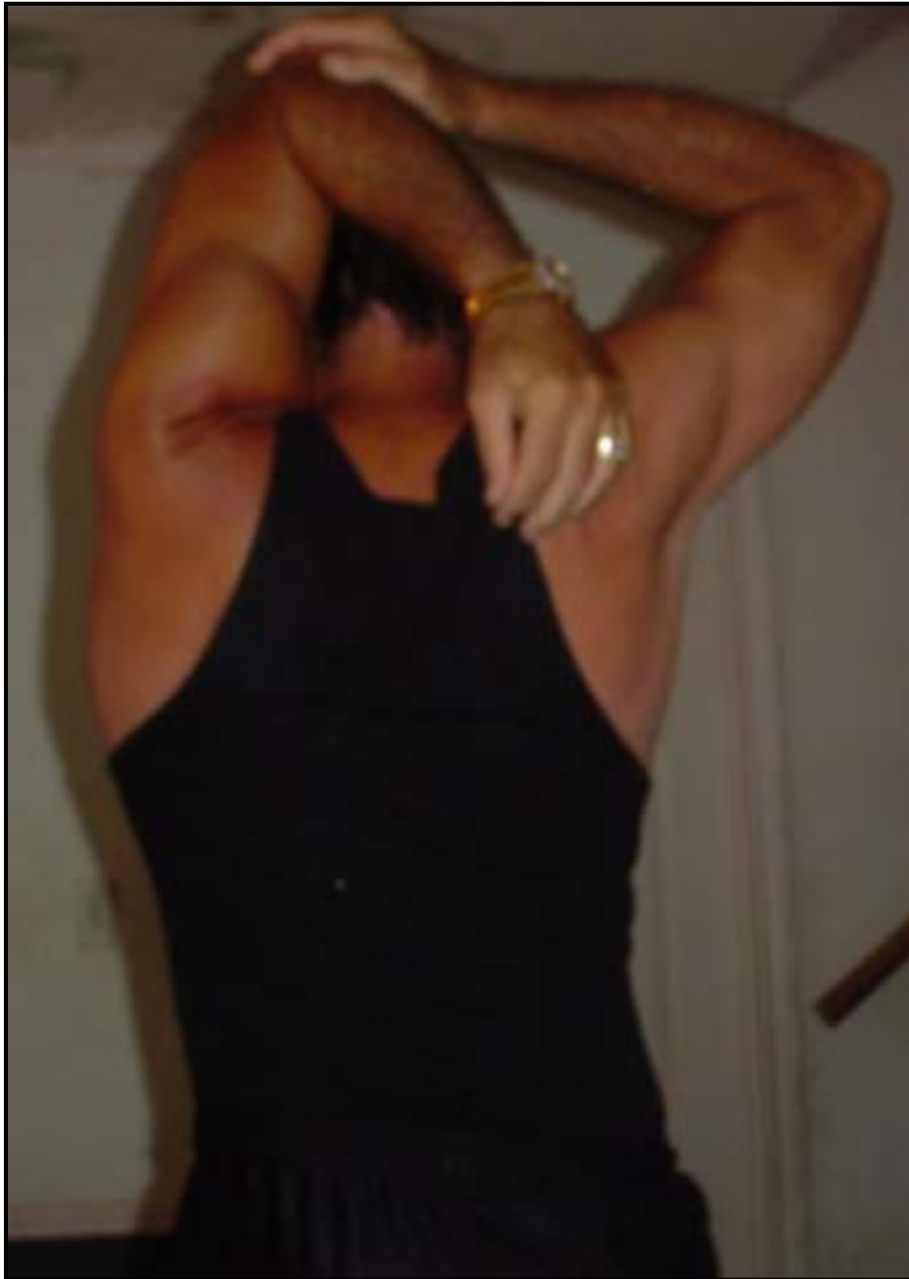
# The Complete Book of Stretching



Here we stretch the wrist  
by grabbing it and turning  
it over.



# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it down across the back.

# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it across the body.

# The Complete Book of Stretching



Lean back against the bar and drop the body down as if doing a reverse dip. Use the legs for support.



# The Complete Book of Stretching



Reach around and grab the wrist of one arm with the other, then lean forward and stretch it.



# The Complete Book of Stretching



Lean out to the wall and hold one arm on the wall and you stretch forward.

# The Complete Book of Stretching



Hold onto the wall while sitting and then stretch the body down and forward.



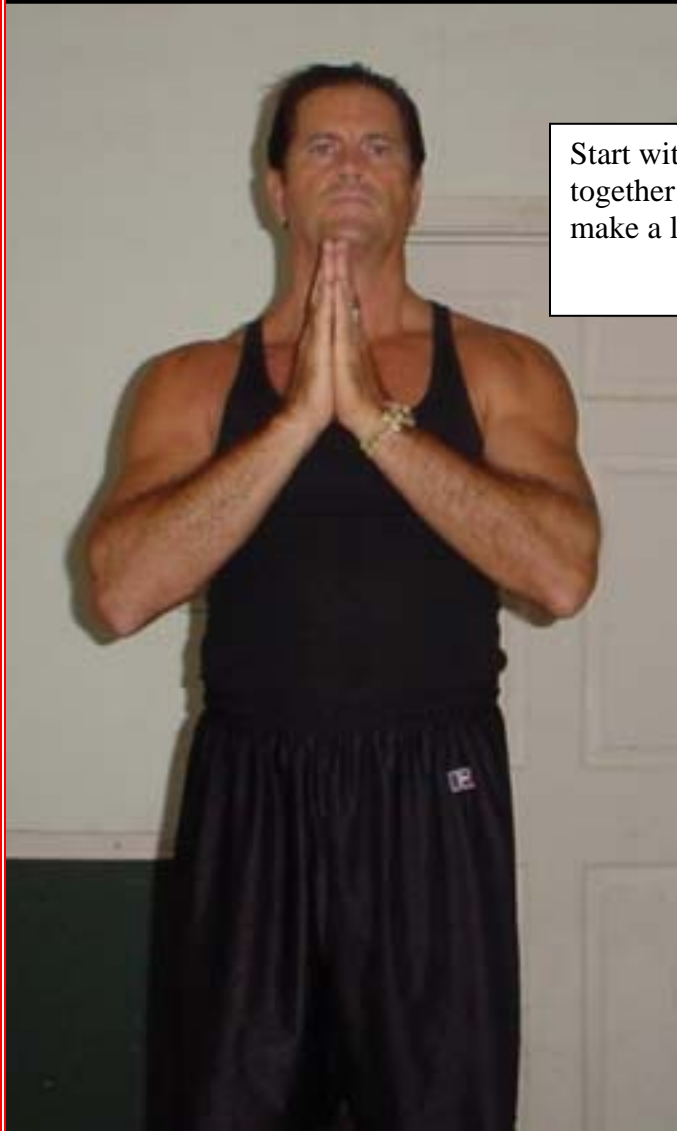
# The Complete Book of Stretching



Put one leg straight out while sitting and reach back with the opposite arm. Alternate arms.



# The Complete Book of Stretching



Start with the hands together as if praying and make a large circle.



# The Complete Book of Stretching



Reach back and grab the wrist and pull the arm across the back of the body.

# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and lift it up as far as possible towards the back

# The Complete Book of Stretching



Hold the arms behind the head and the push them forward trying to touch the elbows together.



# The Complete Book of Stretching



Take the wrists and press them against each other backwards.

# The Complete Book of Stretching



Grab the wrist and bend it down gently.

## Part of Stretching



Start with the wrist up high in front of the body then bring them down to the chest.



# The Complete Book of Stretching



Stand very tall and reach up, then stretch up to the toes while reaching as high as you can.





# The Complete Book of Stretching

## Back Stretches



**Do all stretches 6 to 8 times. Relax and breath easy, do not bounce or force the stretch..**

# The Complete Book of Stretching



Here we do a body twist.  
Hold the elbows at  
shoulder height and gently  
twist for side to side.



# The Complete Book of Stretching



This is a pelvic/back stretch. Hold onto a support and force the hips forward for the stretch.



# The Complete Book of Stretching

Here we loosen the back and hips by holding our arms up at the shoulders and twisting the body to the right and left..



# The Complete Book of Stretching



Here we do hip circles.  
Hold the arms on the hips  
and rotate the body around  
in gentle circles to the left  
and right.



# The Complete Book of Stretching



Reach up and grab the tricep of the opposite arm and pull it across the body.



# The Complete Book of Stretching



Here we loosen the back by lying with the arms directly to the sides and then arching up our hips.



# The Complete Book of Stretching



While lying on your back, keep the legs together and roll them from side to side.





# The Complete Book of Stretching

Roll the body up over the hips and try to touch the knees to the ground on the sides of your head.



# The Complete Book of Stretching



Here we support the body with the arms on the hips while forcing the legs straight up.

# The Complete Book of Stretching



Sit on a bench or a chair and keeping the back straight pull the head and neck back as far a possible.

# The Complete Book of Stretching



Hand the body over the edge of a bench, letting the neck relax and stretch. Keep the hands behind the back





Lie with the head over the edge of the bench, and let the arms hang out and then down.



## of Stretching

Place the arms on the bench and lean the body up into a stretched position, and then back down to rest on the elbows.





Lean over against the wall and gently drop the body forward, letting the back relax until it is straight.



## Stretching



Sit on the bench and place one arm on the hip, then gently turn to the right and left. Use the other arm to press on the knee for more turn.





# The Complete Book of Stretching



After you have relaxed you can hold the knee and drop it to each side.



# The Complete Book of Stretching



Sit on a bench and take both arms and lean gently to the sides.



# The Complete Book of Stretching



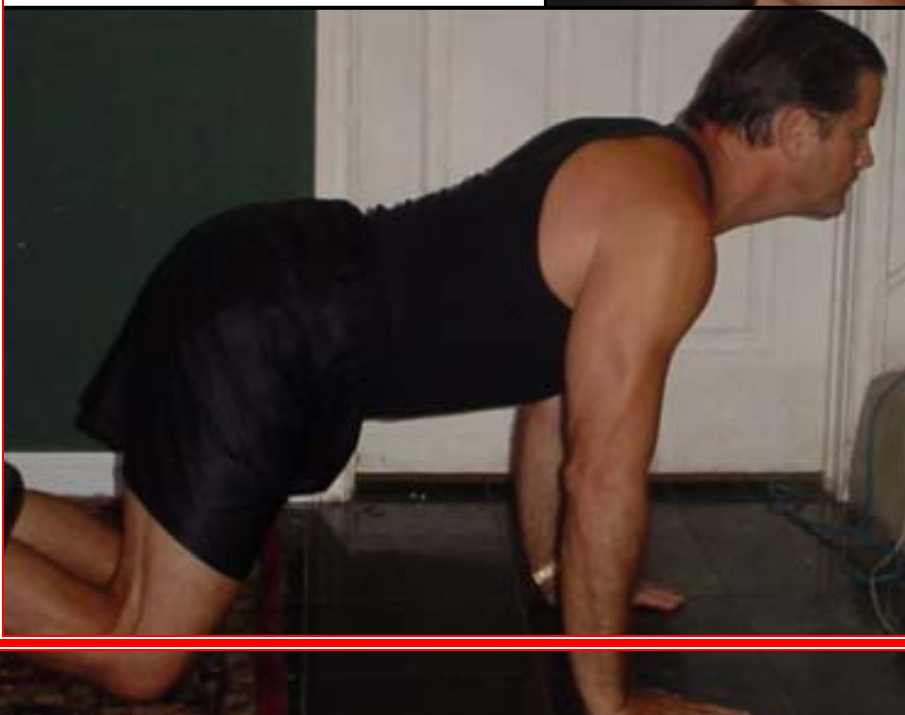
Here we stretch the sides by placing the arms on the back of the head and leaning first to the right then the left.



# The Complete Book of Stretching



Here we sit on our knees and hands and first we arch the back up and then force it down as we lean forward.



# The Complete Book of Stretching



You can relax in a chair by leaning forward and letting the arms drop.

# The Complete Book of Stretching



Place one arm behind the back and cross the legs and then twist the body gently, while pulling on the knee.



## of Stretching



Reach out and hold the wall, facing forward. While maintaining the hold twist the body around.



# The Complete Book of Stretching



Sit on the ground and cross the legs, holding onto the knee and gently turning the body.



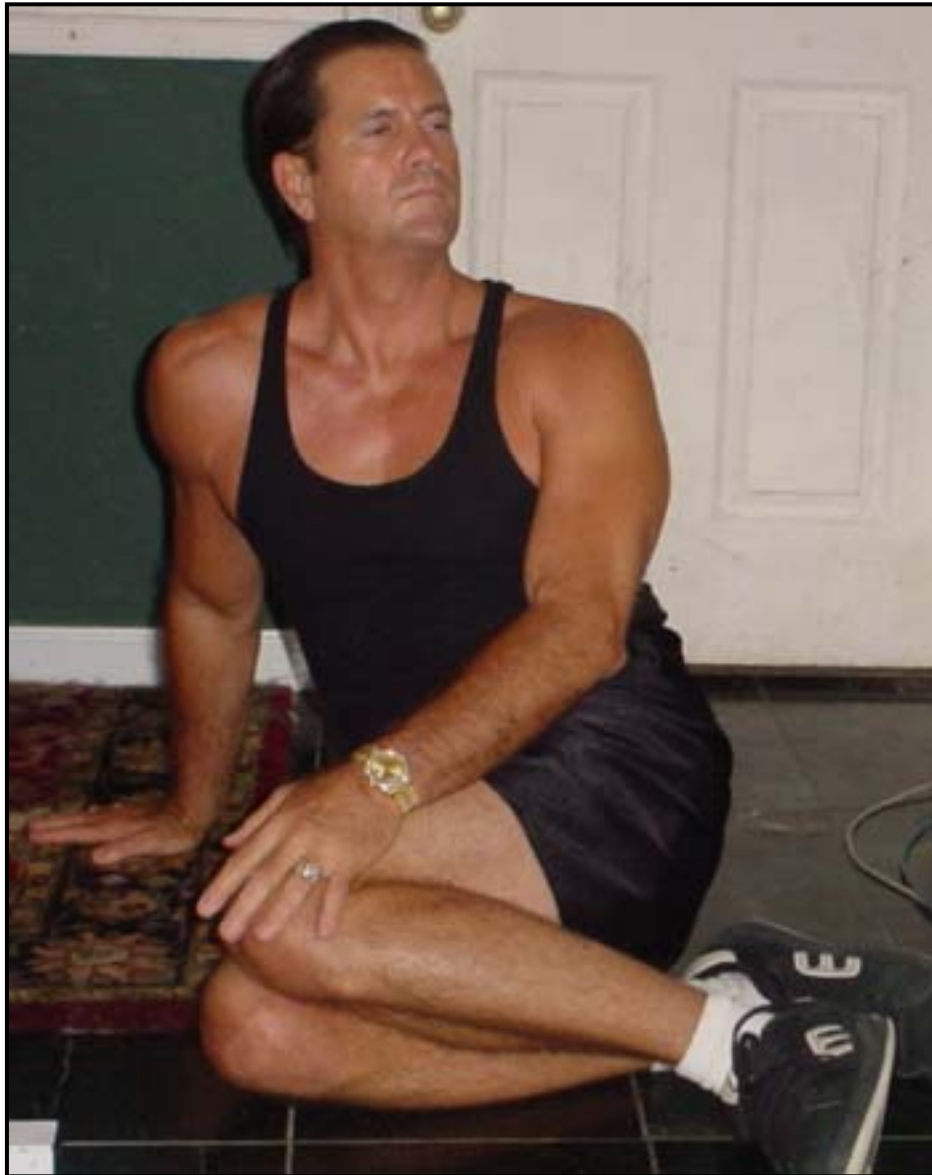


# The Complete Book of Stretching



This is a simple Cat stretch. You are on your hands and knees and you flex your back up like a cat.

# The Complete Book of Stretching



Sit on the floor and drop the knees to the side and turn the body in the opposite direction while pushing down on the knees.

# The Complete Book of Stretching



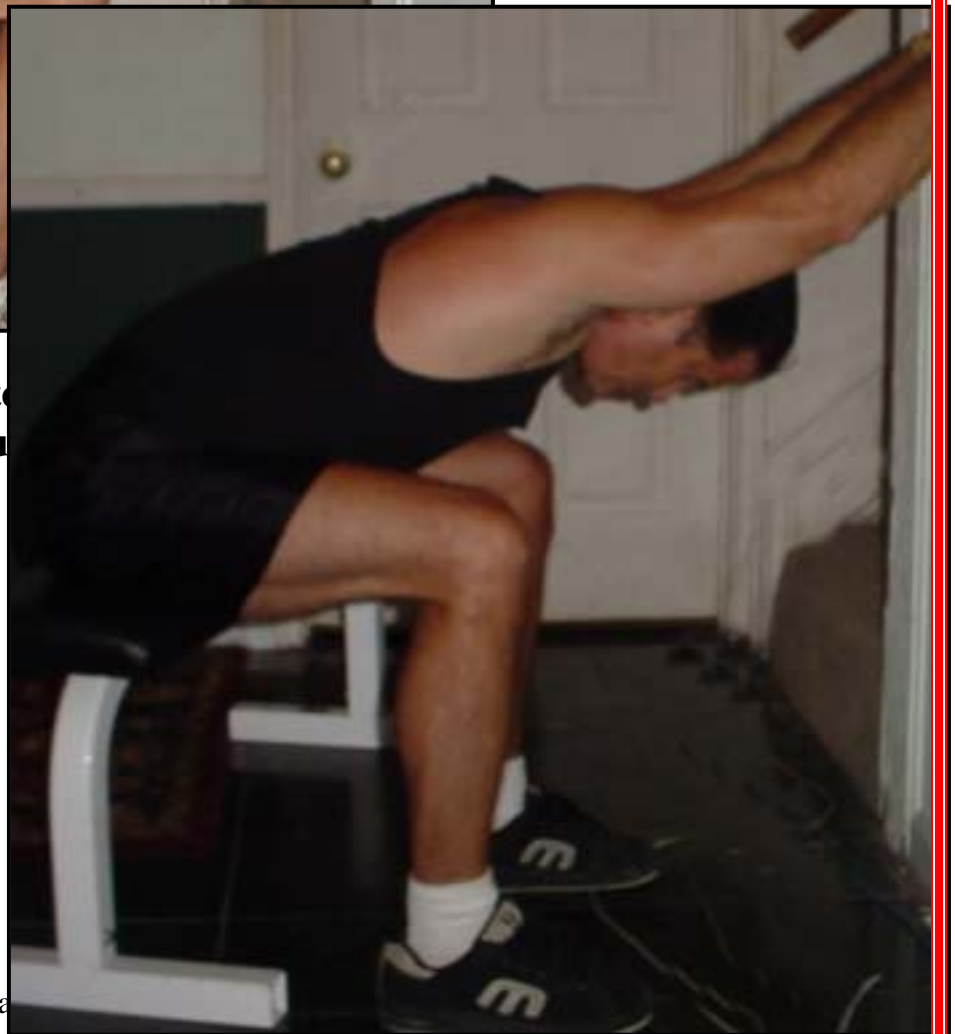
Sit on the bench and cross the arms in front of the body then lean forward and drop the arms to the toes.



# The Complete Book of Stretching



**Do all stretches 6 to 8 times a day.**



# The Complete Book of Stretching



Hold onto a bar or the wall and stand tall, now drop a leg back and lean forward to stretch the hamstrings.



# The Complete Book of Stretching



Stand tall and reach back and grab the foot, pulling it up to the buttocks.

# The Complete Book of Stretching



Stand tall and reach down to grab the knee, pull it up into the chest.

# The Complete Book of Stretching



Lean against a wall for support. Reach down and grab the knee and lift it high to the front of your body.



# The Complete Book of Stretching



Hold on to a support and reach back to grab the foot, now lean over and pull up gently on the leg. Repeat to both sides.



# The Complete Book of Stretching



Hold the knee high to the body and then slowly turn the leg and hip to the side. This is a great stretch for the hips. .



# The Complete Book of Stretching

As a continuation of the hip stretch, you can pull the leg all the way around the body until it is at a right angle.



## ook of Stretching

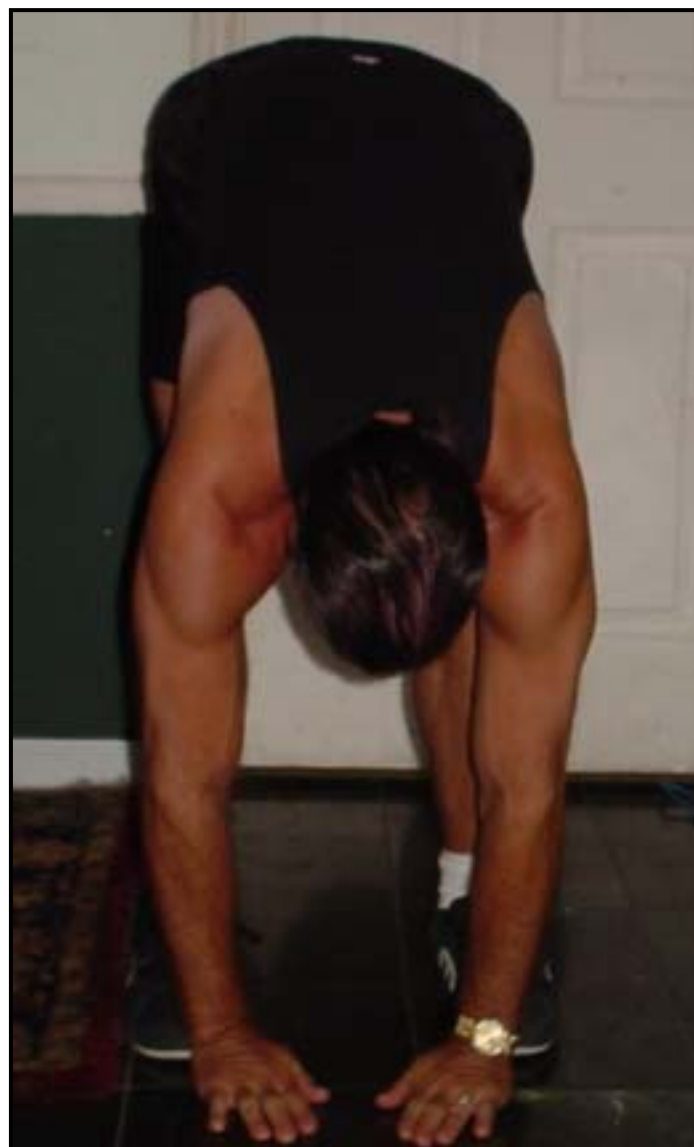
Here we hold the knee high and bring the leg around in a circle all the way to so that the foot faces backwards.



# The Complete Book of Stretching



Lean over and let the body relax, try to touch the fingers to the ground.



## Book of Stretching



Here we lean over and do a step reach back, go further back with each step.



# The Complete Book of Stretching



Squat down and place the arms on top of the knees. Let the body settle here..



After your body has relaxed, place one hand on the leg and the other on the knee and drop to the side. As you get looser you can drop all the way to the ground





## The Complete Book of Stretching



Spread the legs as wide as possible and then put the hands on the ground. Try to relax and touch the head to the ground



## of Stretching



Lean forward the thrust the back leg out and drop the elbow to the knee of the front leg. Relax and drop the knee to the back knee to the ground.



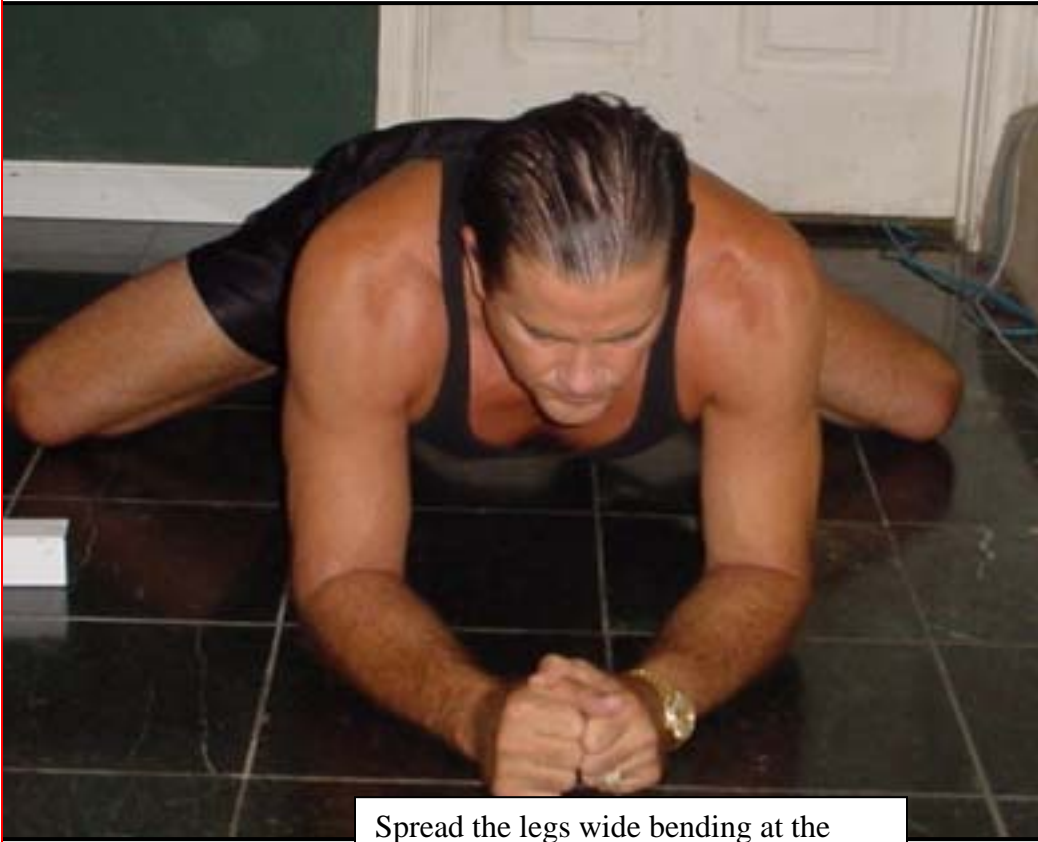
## Stretching



Spread the leg as wide as possible forward and backwards, try to drop the hips to the ground on both sides.



hing



Spread the legs wide bending at the knees and lean forward. After you have relaxed, try to drop the hips to the ground.



## The Complete Book of Stretching



Sit on the floor and spread the legs as wide as possible. Lean slowly forward to loosen up.



After you have loosened up, reach out and grab the leg at the knee and ankle. Try to pull the head down to the knee. Repeat both sides.



Keeping the legs wide, lean forward and rest the elbows on the ground. Then after you have relaxed, gently reach out to the ankles and touch the forehead on the ground.



## etching



Sitting on the ground. Put the balls of your feet together and while holding the ankles gently rock the legs trying to get them to the ground. You can help by pushing down on the knees.





## The Complete Book of Stretching



After you have relaxed, you can hold onto the ankles and try to touch the head to the ankles.



## Book of Stretching



Sit with both legs directly out to the front of the body and then reach out to try to touch the toes. As you loosen up reach down and touch the head to the knees.

# The Complete Book of Stretching



Put one leg against the wall and cross the leg over the knee to loosen the hips.

# The Complete Book of Stretching

Lying on the back, reach down and grab the leg and pull it as high as you can towards your head.

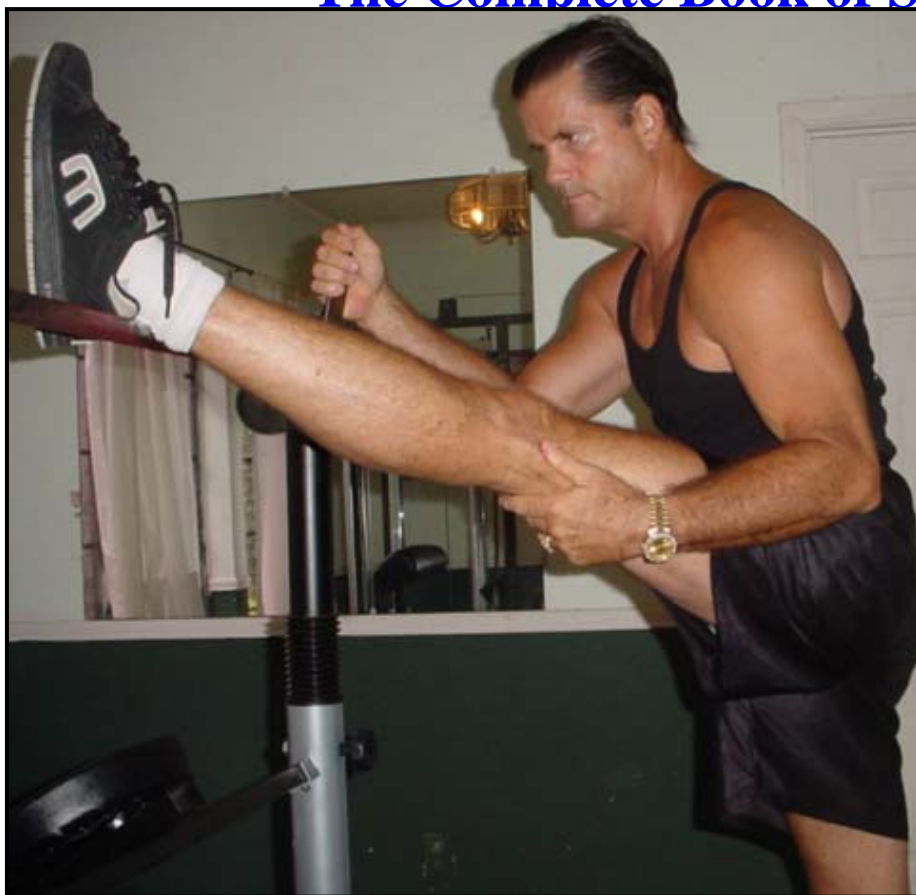


# The Complete Book of Stretching

Reach down and grab the knee  
and pull it into the chest.



## The Complete Book of Stretching



Place the leg on a bar or table and keep the knee locked out. Then lean over and touch the head to the knee.



## f Stretching

Sit in chair.  
Move heel of involved leg  
under chair.  
Place other leg in front  
and push back.  
Hold stretch, relax, and  
repeat.



# The Complete Book of Stretching



Stretch the hamstrings by leaning into the wall and dropping the knee to the ground.





# The Complete Book of Stretching



Stretch the calf by holding the leg out straight and pulling back with the ankle.

# The Complete Book of Stretching



Reach down and grab the knee  
and pull it to the chest.

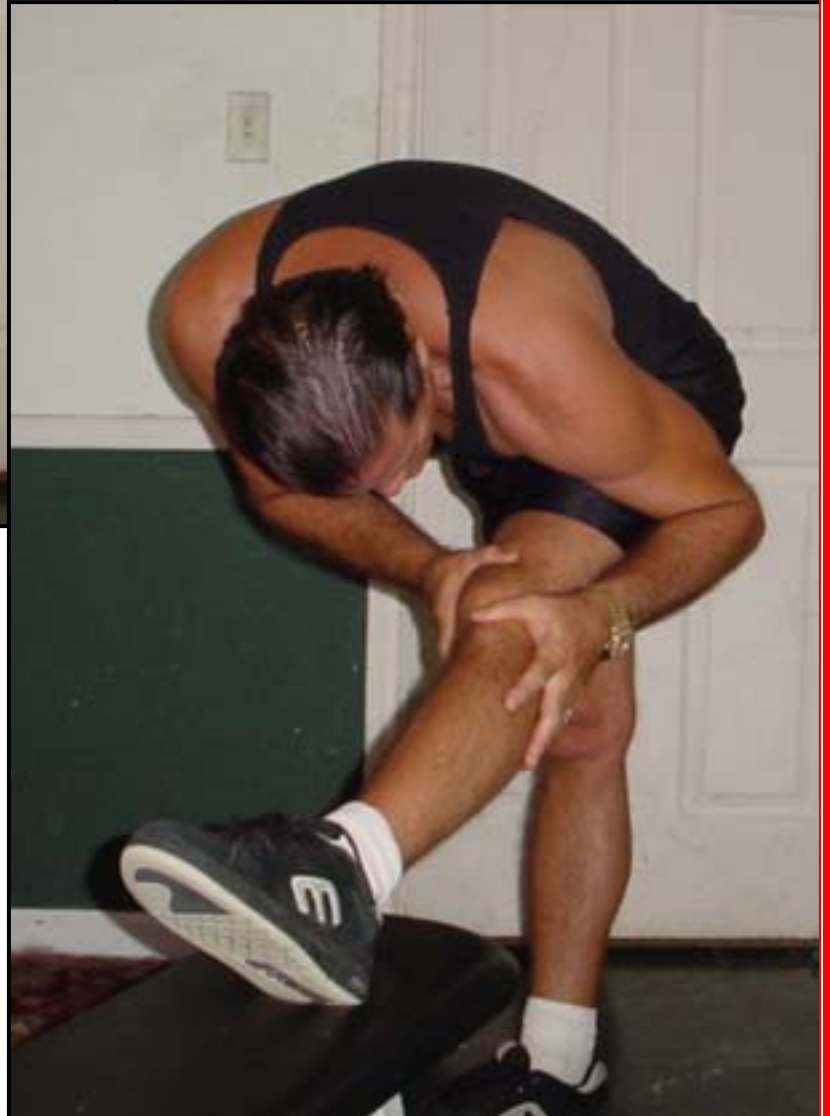
# The Complete Book of Stretching

Lie on the back and place the foot up against the wall and drop the other knee to the ground.

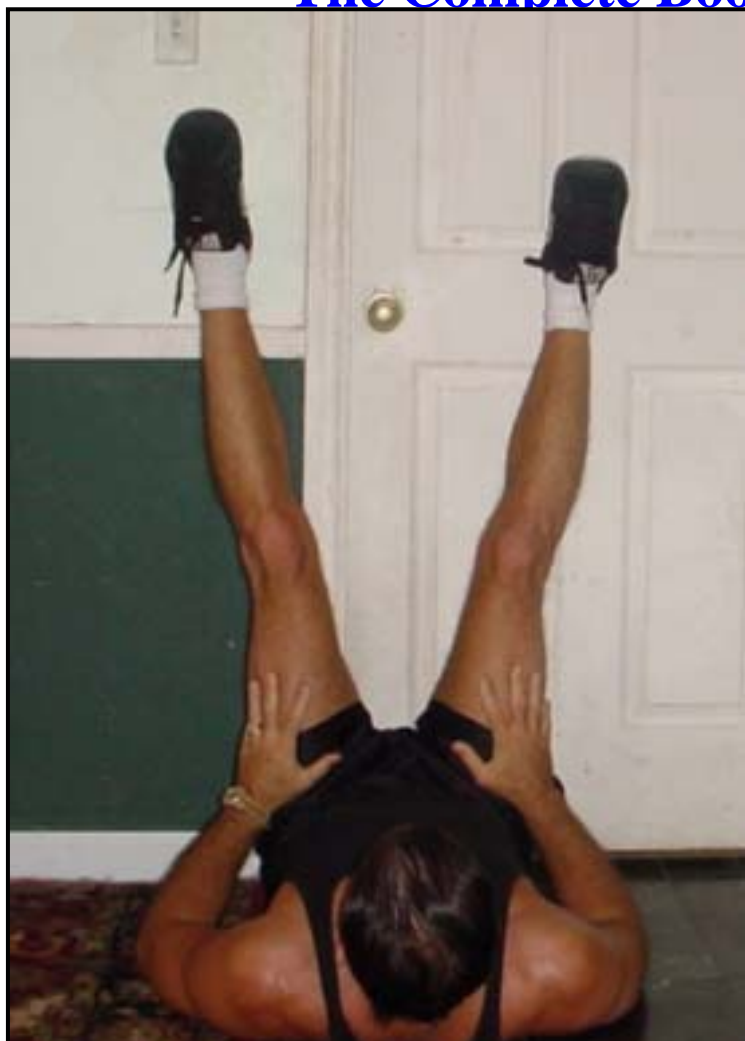


## Book of Stretching

Place the foot on a chair or bench and lean over and try to touch the head to the knee.



## The Complete Book of Stretching



Lie on the back with the legs on the wall, then let the legs separate and spread as wide as possible



# The Complete Book of Stretching



Lie on your back on the bench and reach down and pull the knee up to the chest.

# The Complete Book of Stretching



You can stretch the hips by placing one leg across the other.



# The Complete Book of Stretching



Lie on your stomach and cross the legs, then reach up and grab the ankle of one leg and pull.



# The Complete Book of Stretching



This is the famous hurdlers stretch. I purposely put bad photos because I consider it a BAD Stretch, unless you plan of running hurdles. It stretches the ligaments of the knee.



# The Complete Book of Stretching



Here we lie on the floor on our knees and elbows. Relax, breath, and try to move the hips to the ground.



# The Complete Book of Stretching



This stretch is difficult but can be done after much practice and relaxation. Simply bend over and grab the knees, touching the head.

## The Complete Book of Stretching



Here we start with a bent over stretch and then we drop to the ground to relax.



# The Complete Book of Stretching



Sit down on the heels and drop the buttock to the floor then push out on the knees with the elbows.

# The Complete Book of Stretching



Lie on the back and reach down and pull up the leg to the chest, alternating sides.

## The Complete Book of Stretching



Continue this stretch by holding the knee and dropping it to the floor on alternating sides.



## The Complete Book of Stretching



Lie on your back, cross the legs and then drop the knee down towards the floor.





ing



Sit on the floor on one knee and then lean forward towards the other knee to stretch the hamstrings.



## The Complete Book of Stretching



Rotate the ankles to keep them flexible.



# The Complete Book of Stretching



Sit on the hands and knees  
and then lift the outside  
leg up.

# The Complete Book of Stretching



Sit on the ground and cross the legs, holding onto the knee and gently turning the body.



# The Complete Book of Stretching



Lie on the bench and reach back and pull the knee to the back.

# The Complete Book of Stretching



You can continue this stretch by leaning to the side and pulling on the knee.

# The Complete Book of Stretching



A variation of the hamstring stretch, where you stand and reach back grab the foot and pull it to the buttocks.

# The Complete Book of Stretching



Put one leg straight out while sitting and reach back with the opposite arm. Alternate arms.



# The Complete Book of Stretching



Lie on the stomach and reach one leg back and up and the opposite arm out and stretch.



# The Complete Book of Stretching



Lie on the elbows and then press the body up to arch the back and stretch it.



# The Complete Book of Stretching



Lie on the stomach and arch the back up, lifting the legs and arms. You can also do it with the arms behind the back.



# The Complete Book of Stretching



Lean against the bench and place the arms on it firmly then arch the back up and stretch it.

# The Complete Book of Stretching



Sit on the hands and knees and stretch the back by arching it up like a cat stretching. .

# The Complete Book of Stretching



Sit on the hands and knees and then lean forward gently to stretch the back.



# The Complete Book of Stretching

Sit on the hands and knees and put one arm out and the opposite leg back.



# The Complete Book of Stretching



Stand very tall and reach up, then stretch up to the toes while reaching as high as you can.





# The Complete Book of Stretching

Stand tall and place the arms on the hips then lean backwards.



## te Book of Stretching



Stand straight and lean against the wall, then arch the back away from the wall.



# The Complete Book of Stretching

Lean over against the bench and twist the body to the right and left.

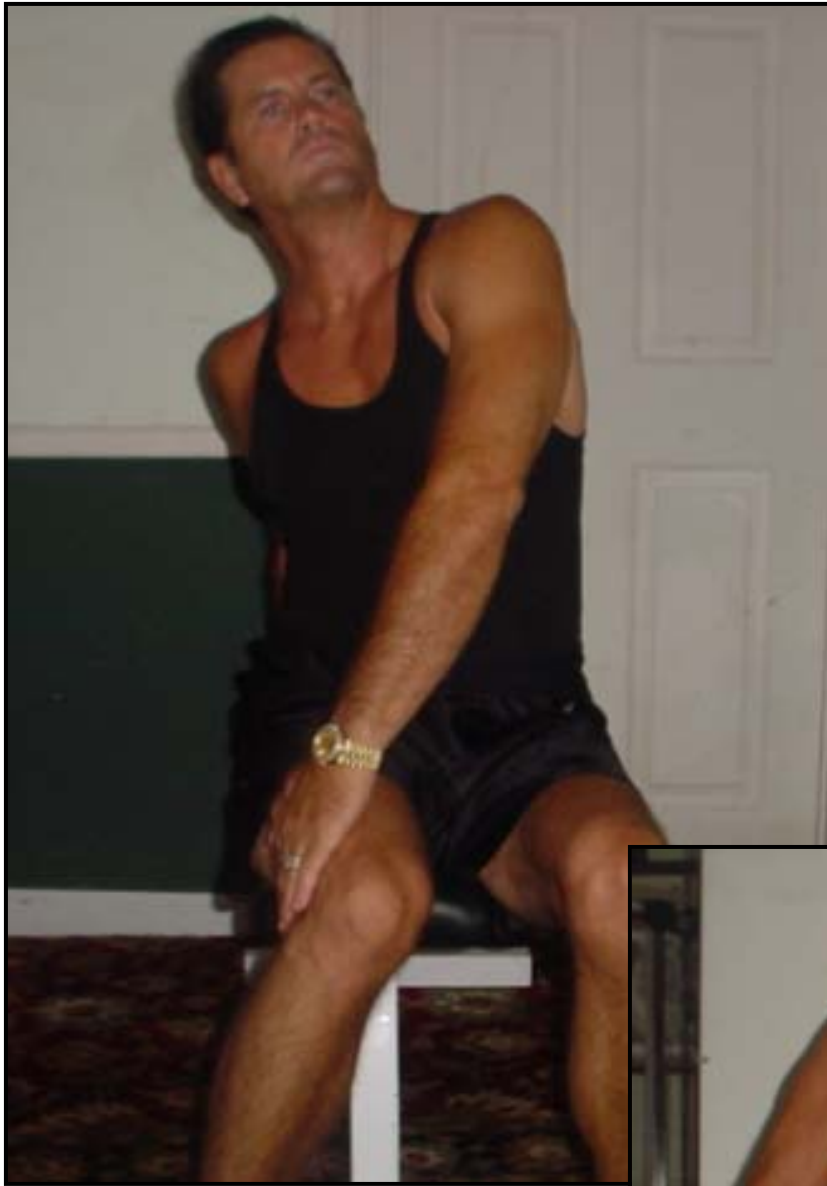


# The Complete Book of Stretching

Reach down and let the body relax to touch the toes.



# The Complete Book of Stretching

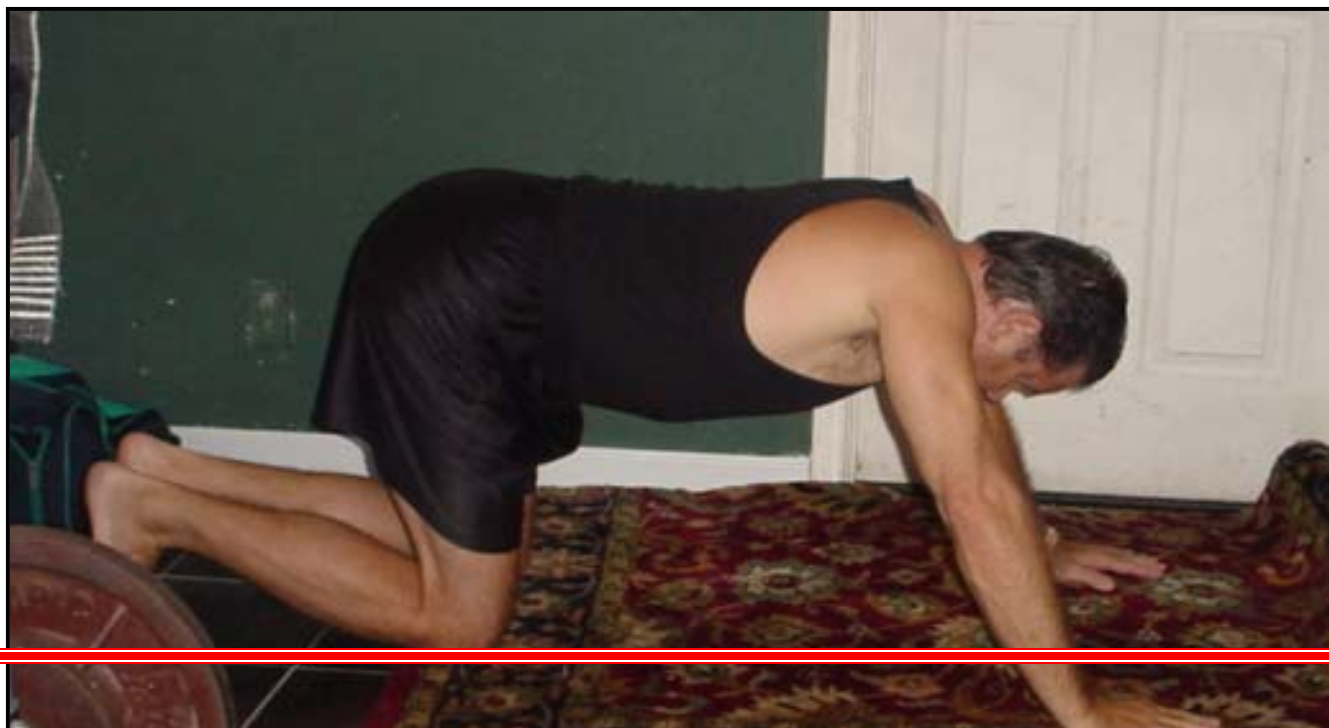


Hold onto the bench and  
twist the body and then  
lean it from side to side.

# The Complete Book of Stretching



Start by arching the back high from the hand and toes, then drop down to relax.



# The Complete Book of Stretching



Arch the body up and then drop it down supported by the hands and toes.



# The Complete Book of Stretching



The basic body twist is done by placing the hands on the hips and gently twisting from side to side.



# The Complete Book of Stretching



Lie on the floor on your side and then supported by your hands arch the body up to the side.

# The Complete Book of Stretching



You can also arch the body up to the side with using only the side muscles by crossing the arms.

# The Complete Book of Stretching



Lean against the wall and arch the body to the side, while keeping the hand on the wall.

# The Complete Book of Stretching



Lean over to the wall and support the body with one arm, then lean away from the arm to arch to body.



# The Complete Book of Stretching



Lie flat on the bench with the head over the edge and relax, then slowly reach up and back with one arm.



# The Complete Book of Stretching

## Neck Stretches



**Do all stretches 6 to 8 times. Relax and breath easy, do not bounce or force the stretch..**

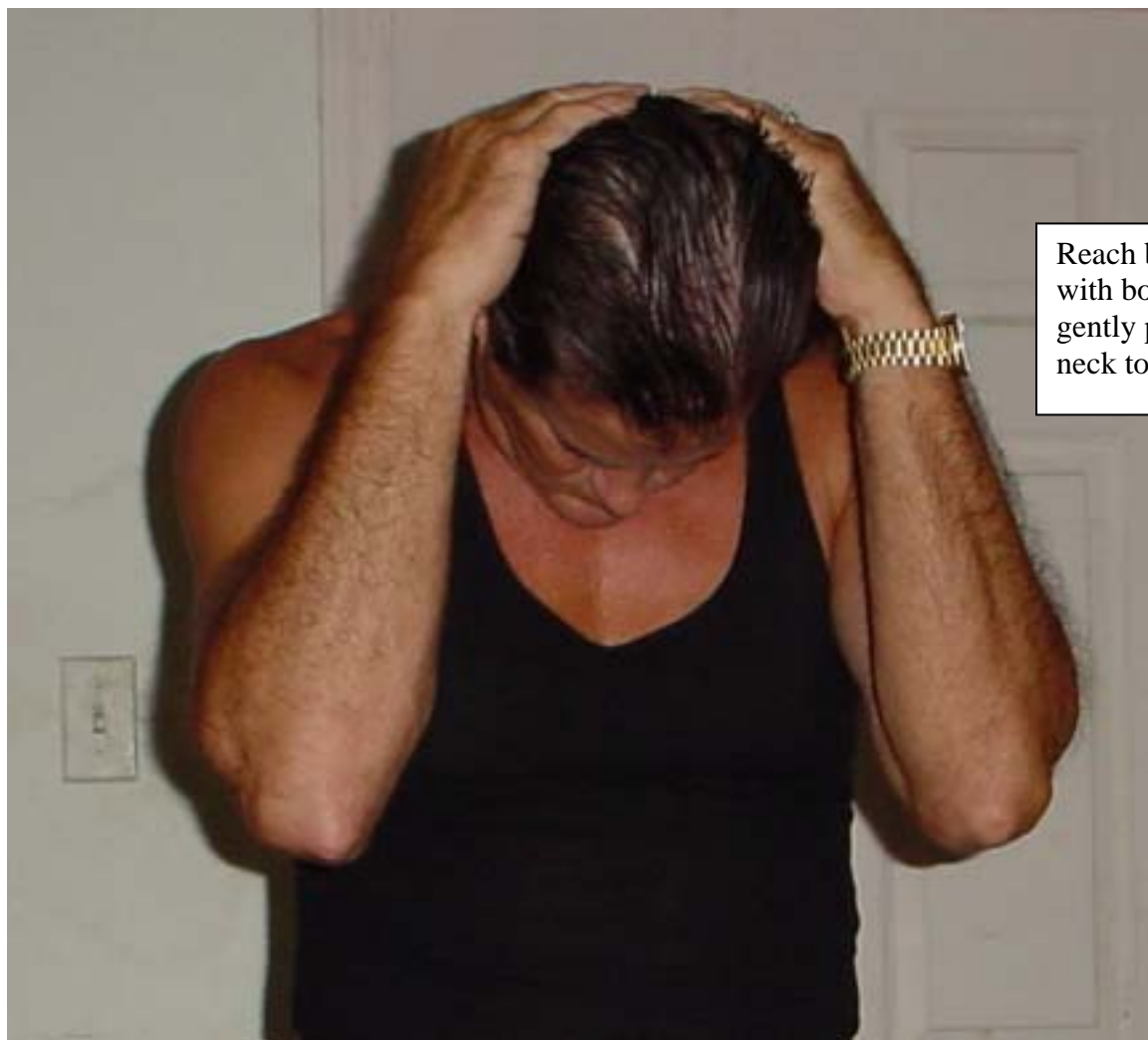
# The Complete Book of Stretching



Place the fist against the neck and gently press it to the right and then to the left.



# The Complete Book of Stretching



Reach behind the head with both hands and gently pull down on the neck to stretch it forward.



# The Complete Book of Stretching



Neck circles. Hold the arms on the hips and gently rotate the neck in circles, first clockwise then counter clockwise



# The Complete Book of Stretching



Continuation of the neck circles.



# The Complete Book of Stretching



Take the fore fingers and place them against your chin. Gently push back on the neck until it is straight.



# The Complete Book of Stretching



Here we use the fore fingers to stretch the neck to the right and left.



# The Complete Book of Stretching

Cross both hands behind the neck and gently pull down on the neck to



# The Complete Book of Stretching

Here we stretch the neck backwards by placing both of our hands under the jaw.

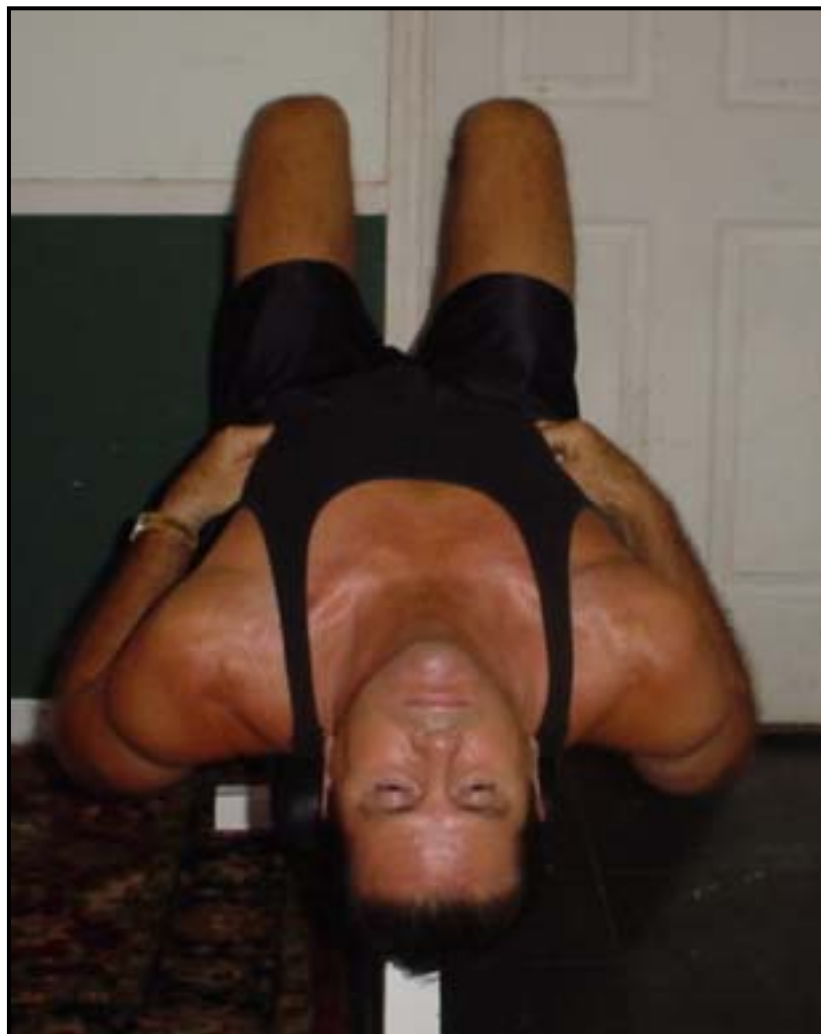


## f Stretching

Sit on a bench or a chair and keeping the back straight pull the head and neck back as far a possible.



# The Complete Book of Stretching



Let your body hand over  
the edge of the bench and  
then relax the neck by  
letting it stretch.



# The Complete Book of Stretching



After the neck has relaxed, reach down and pull gently up on the neck.

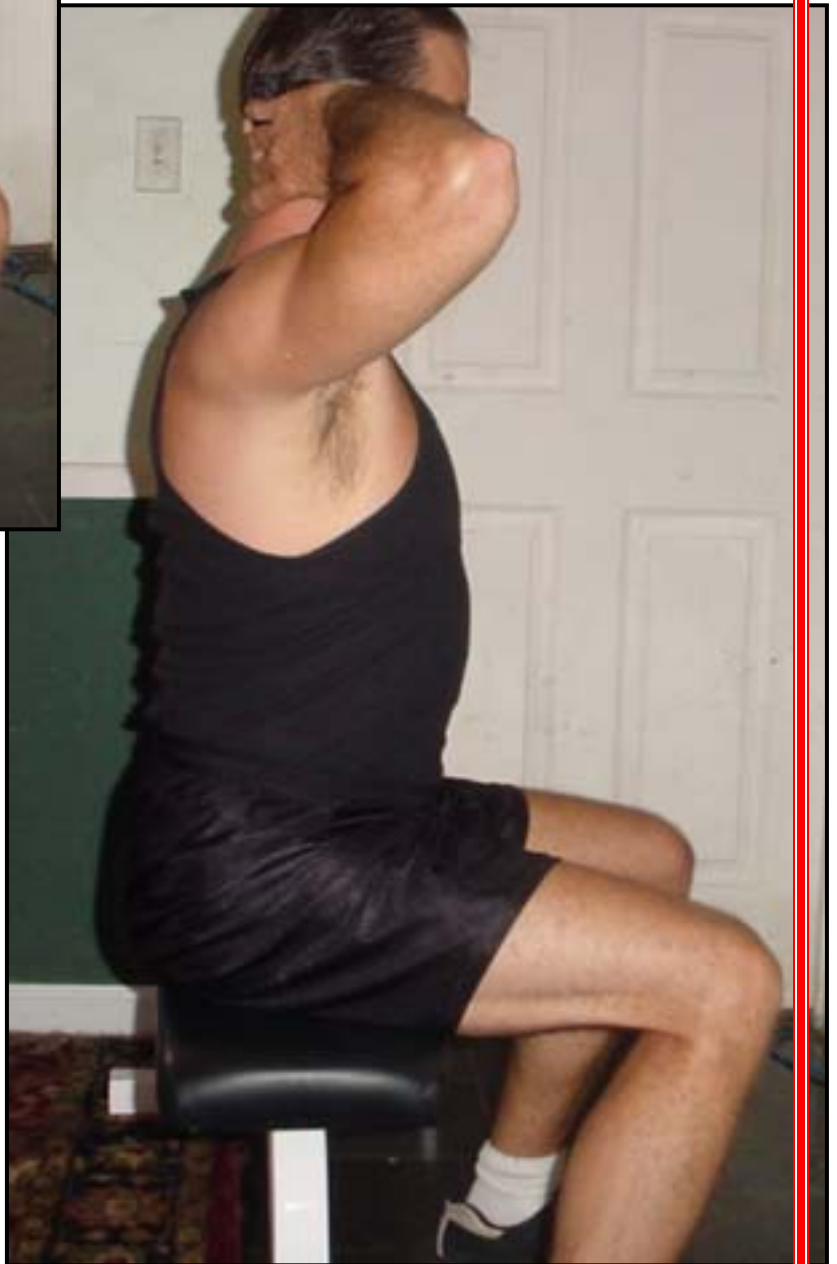
## Stretching

Here we practice good posture by sitting hunched over and then pulling the body back and keeping the neck in a straight line.



## ook of Stretching

Place the arms on the back of the neck and flex them to stretch the chest and shoulders.



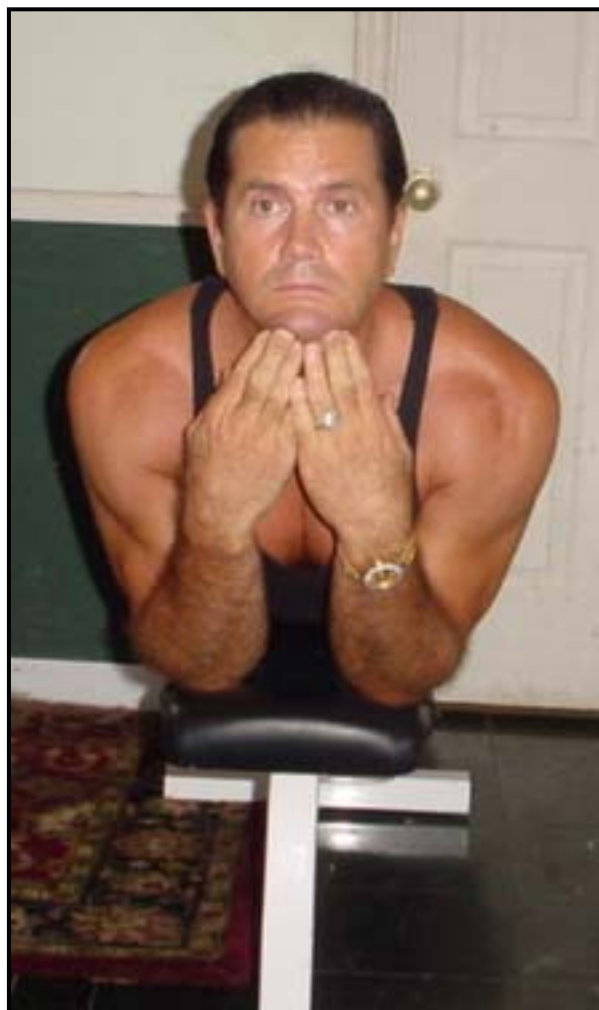
## of Stretching



Reach up and grab the back of your neck and pull the head down and then gently resist as you pull the head backwards. .



# The Complete Book of Stretching



Keep the elbows on the bench and push gently up with the fingers on the chin.

## f Stretching

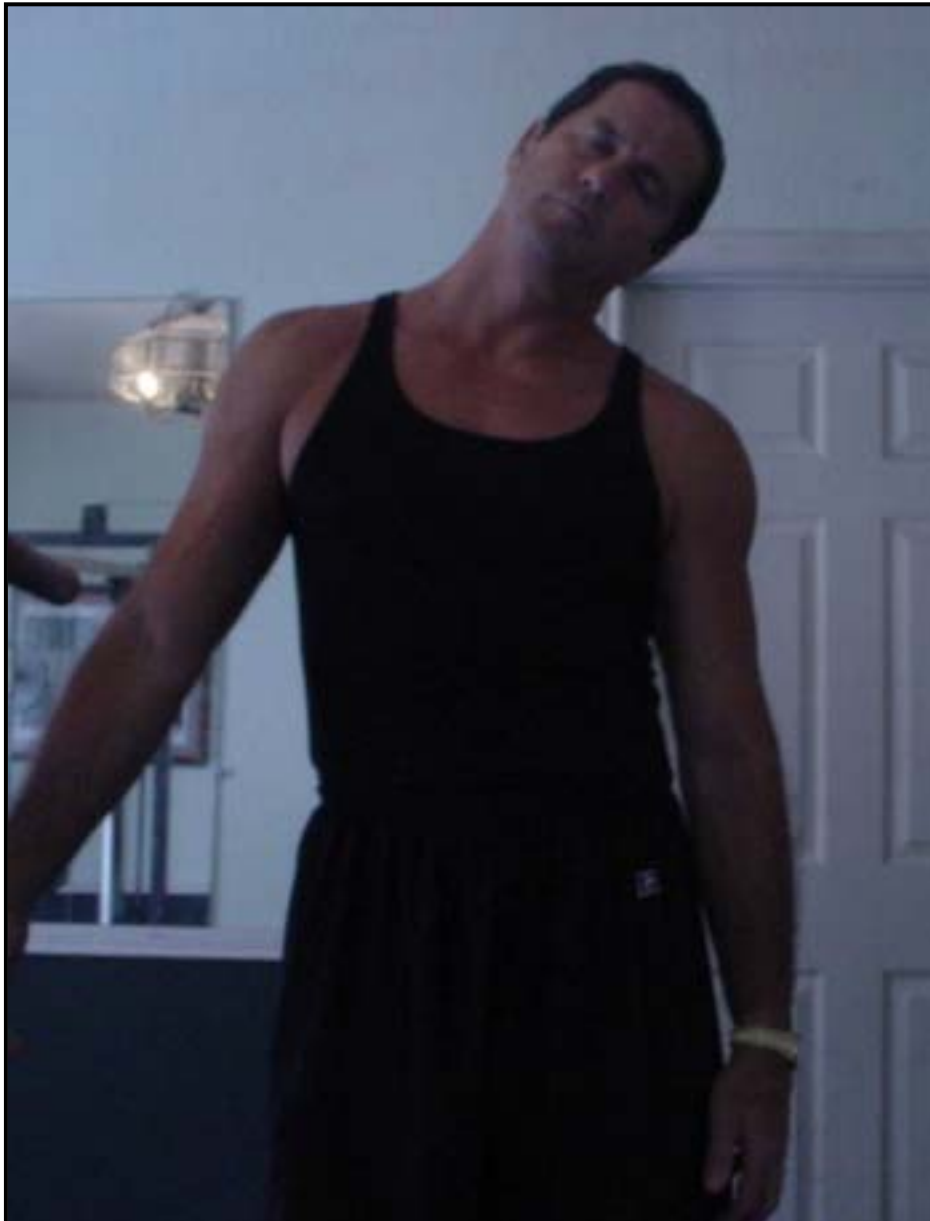
Sit on the bench or chair and place the palm of the hand on the side of the neck, gently push the head to each side..





Place the body against the wall and hold the arm up to shoulder height, turn the neck towards the wall, you can help loosen the neck by placing your palm against it forcing it to the wall. .

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Stand straight and let the neck fall to each side.



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