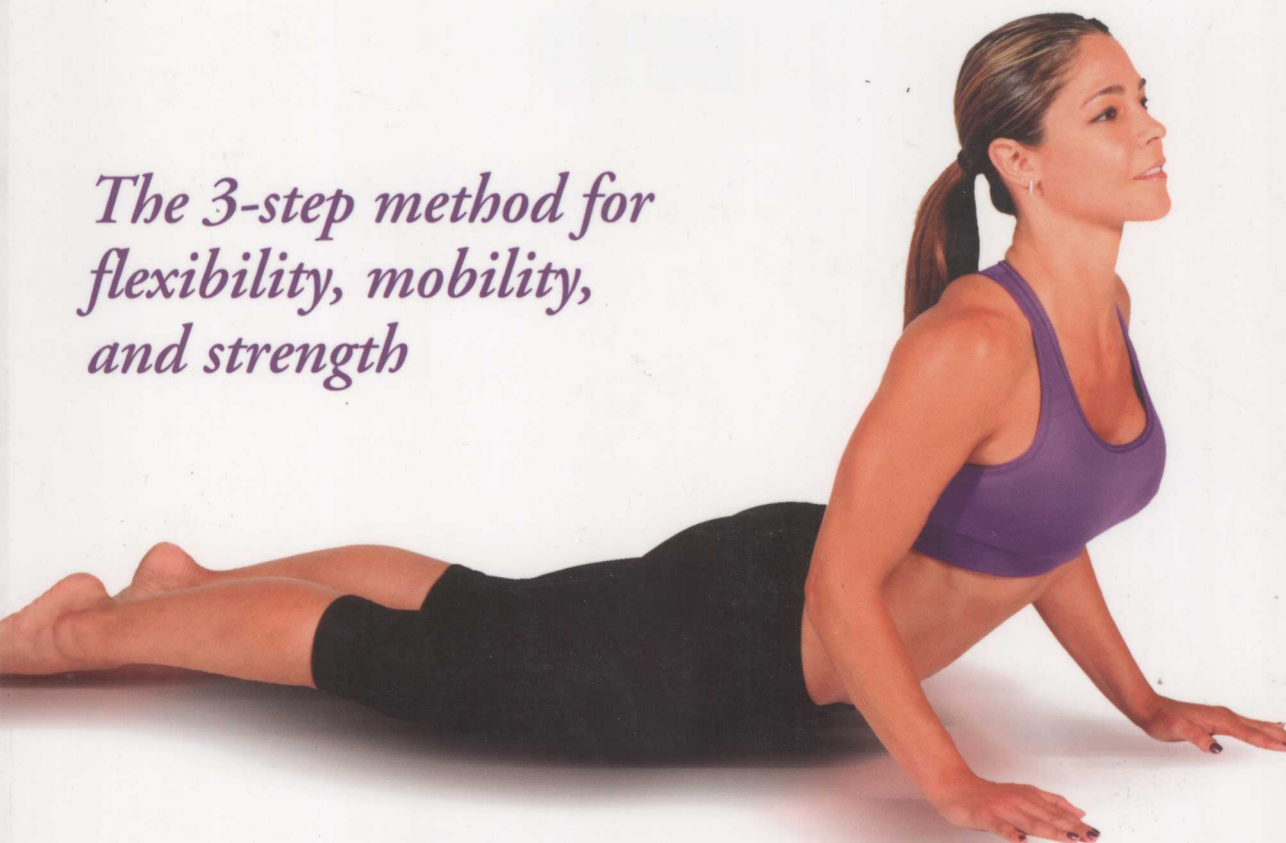


# Full-Body Flexibility

Second Edition

*The 3-step method for  
flexibility, mobility,  
and strength*



Jay Blahnik

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# Full-Body Flexibility

SECOND EDITION

常州大学图书馆  
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Full-Body Flexibility - 2nd Edition

全身柔韧性-第二版

Jay Blahník



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Kinetics

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This book is dedicated to my parents, David and Charlene Blahnik.  
I love you with all my heart.



# stretch finder

## REGIONS AFFECTED

	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
<b>Chapter 3</b>																
Head Tilt	P	X														22
Diagonal Head Tilt	P	X														23
Head Turn	P	X														24
Dynamic Head Tilt	A	X														25
Dynamic Head Turn	A	X														26
Dynamic Diagonal Chin Drop	A	X														27
Reach Behind Head Tilt	P	X														28
Seated Head Tilt	P	X														29
Dynamic Chin Drop	A	X														30
Flyaway	A		X													31
Reach Behind and Open	A		X													32
Dynamic Flyaway	A		X													33
Dynamic Kneeling Shoulder Push	P		X													34
Dynamic Seated Shoulder Push	A		X													35
Dynamic Faucet Hands	A		X													36
Arm Across	P		X													37
Dynamic Arm Across	A		X													38
Dynamic Shoulder Push	A		X													39
Pronated Reach Back and Turn	P			X												40
Dynamic Rotated Flyaway	A			X												41
Elbow Bend and Push	P			X												42
Elbow Bend	A			X												43

# REGIONS AFFECTED

	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
Kneeling Elbow Push	P			X												44
Flex and Extend— Wrists	P				X											45
Dynamic Flex and Extend—Wrists	A				X											46
Flex and Extend— Fingers	P				X											47
Dynamic Piano Fingers	A				X											48
Dynamic Web Hands	A				X											49
Dynamic Ball Wrist Rolls	A				X											50
<b>Chapter 4</b>																
Kneeling Reach	P					X										52
Reach Back and Turn	P					X										53
Chest Expansion	A					X										54
Dynamic Chest Expansion	A					X										55
Dynamic Reach Back and Turn	A					X										56
Lying Reach	P					X										57
Scoop	P						X									58
Dynamic Clasp and Round	A						X									59
Seated Forward Bend	P						X									60
Dynamic Pelvic Tilt	A						X									61
Dynamic Cat	A						X									62
Side Reach	P						X									63
Wall Reach	P						X									64
Dynamic Side Reach	P						X									65
Seated Twist	P						X									66

> continued



stretch finder > continued

	REGIONS AFFECTED															
	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
Chapter 4																
Dynamic Twist	A						X									67
Double Knee Hug	A						X									68
Dynamic Lying Spinal Twist	P						X									69
Side Reach (Ball)	P						X									70
Dynamic Forward Bend Hip Shift	P						X									71
Cobra	P							X								72
Wrap Around Ball	P							X								73
Lying Arch	A							X								74
Dynamic Cobra	A							X								75
Dynamic Arch	A							X								76
Dynamic Supine Roll Back	P							X								77
Ball Cobra	P							X								78
Dynamic Ball Cobra	A							X								79
Chapter 5																
Lying Figure 4	P										X					82
Seated Figure 4	P										X					83
Seated Figure 4 on Chair	P										X					84
Dancer	P										X					85
Standing Figure 4	P										X					86
Hip Push	P										X					87
Dynamic Knee Hug	P										X					88
Dynamic Lying Figure-4 Circle	A										X					89
Dynamic Hip Push	A										X					90
Lying Crossover	P										X					91
Dynamic Lying Crossover	P										X					92

REGIONS AFFECTED																
	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
Lunge	P										X					93
Kneeling Runner's Lunge	P										X					94
Anchored Lunge	P										X					95
Dynamic Lying Leg Lift	A										X					96
Dynamic Hip Extension	A										X					97
Seated Butterfly	P											X				98
Side Lunge	P											X				99
Sumo Squat	P											X				100
Lying Straddle	P											X				101
Seated Straddle	P											X				102
Frog Straddle	P											X				103
Dynamic Seated Butterfly	A											X				104
Dynamic Side Lunge	P											X				105
Dynamic Seated Straddle	A											X				106
Dynamic Side Leg Lift	A											X				107
Chapter 6																
Knee Bend	P								X							110
Side-Lying Knee Bend	P								X							111
Anchored Knee Bend	P								X							112
Dynamic Side-Lying Knee Bend	A								X							113
Dynamic Lying Knee Bend	A								X							114
Dynamic Knee Bend	A								X							115
Dynamic Knee Bend Sit	P								X							116
Knee Bend Sit	P								X							117

> continued



stretch finder > continued

REGIONS AFFECTED																
	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
Chapter 6																
Lying Leg Raise	P									X						118
One-Leg Hip Hinge	P									X						119
Double-Leg Hip Hinge	P									X						120
Standing Leg Raise	P									X						121
Dynamic Knee Kick	A									X						122
Dynamic Lying Leg Raise	A									X						123
Dynamic Lying Knee Kick	A									X						124
Dynamic Seated Knee Kick	A									X						125
Dynamic Rolling Ball Knee Kick	A									X						126
Dynamic Rolling Ball Hip Hinge	P									X						127
Hip Hinge (Ball)	P									X						128
Chapter 7																
Heel Drop	P												X			130
Heel Press	P												X			131
Toe Up	P												X			132
Seated Stretch-Strap Foot Pull	P												X			133
Dynamic Seated Flex and Point	A												X			134
Dynamic Heel Drop	P												X			135
Seated Thinker Pose	P												X			136
Bent-Knee Heel Drop	P												X			137
Bent-Knee Heel Press	P												X			138
Dynamic Bent-Knee Heel Press	P												X			139

REGIONS AFFECTED																
	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
Dynamic Seated Bent-Knee Flex and Point	A												X			140
Toe Drop	P													X		141
Seated Foot Pull	P													X		142
Kneeling Toe Point and Sit	P													X		143
Dynamic Seated Half-Circle	A													X		144
Dynamic Seated Ankle Pull	P													X		145
Dynamic Seated Ankle Roll	A													X		146
Seated Foot Massage	P														X	147
Dynamic Seated Toe Flex and Point	A														X	148
Dynamic Seated Toe Wiggle	A														X	149
Chapter 8																
Lying Spinal Twist	P					X	X				X					152
Triangle	P						X					X				153
Extended Angle	P						X					X				154
Warrior	P							X			X					155
Chair	A							X			X		X		X	156
Downward-Facing Dog	P					X		X		X			X			157
Upward-Facing Dog	P							X			X			X		158
Child's Pose	P		X				X		X							159
Forward Bend	P						X			X						160
Fan	P						X			X		X				161
Sitting Angular Leg Extension	P						X			X		X				162

> continued



REGIONS AFFECTED																
	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
Chapter 8																
Dynamic Four-Legged Table	A		X	X	X						X					163
Reverse Plank	A	X	X	X	X	X			X		X	X				164
Camel	P		X					X			X			X		165
Dynamic Bow	A		X					X			X					166
Dynamic Warrior III	A									X	X					167
Eagle	P						X				X					168
Dynamic King of the Dance	P								X	X	X					169
Dynamic Grasshopper	A							X			X					170
Reverse Triangle	P					X	X			X	X					171
Cow Face	P		X	X					X							172
Dynamic Star	P						X					X				173
Tree	P					X			X			X				174
Dynamic Noble	P						X			X						175
Dynamic Leg to Side	P									X		X				176
Happy Baby	P						X			X	X					177
Half Moon	A					X						X				178
Bound Lotus	P		X			X			X							179
Frog	P											X		X		180
Dynamic Leg Cradle	P										X					181
Dynamic Half-Circle	P						X					X				182
Pigeon	P										X					183
One-Legged King Pigeon	P							X	X		X			X		184
Chapter 9																
Dynamic Straight-Leg Pendulum	A									X	X					186
Dynamic Toe Touch and Slide	A						X					X				187

REGIONS AFFECTED																
	Active or Passive	Neck	Shoulders	Arms	Hands	Chest	Back	Abdominals	Quadriceps	Hamstrings	Glutes & Hips	Inner Thighs	Calves	Shins	Feet	Page number
Dynamic Leg Kick	A						X			X	X					188
Dynamic Cross-Knee Squat	A						X			X	X	X				189
Dynamic Squat Twist Reach	A		X			X		X		X	X					190
Dynamic Cross-Reach	A						X					X				191
Dynamic Lunge and Push Back	P										X					192
Dynamic Single-Side Bow	A		X			X		X	X		X					193
Dynamic Lunge and Twist	A						X	X				X				194
Dynamic Squat Reach Twist	A					X	X	X		X	X					195
Dynamic Knee Circle Twist	A						X	X			X	X				196
Dynamic Child's Pose and Camel	A		X			X		X	X		X					197
Dynamic Hip Swivel and Chest Lift	A							X			X	X				198
Dynamic Roll and Reach	A						X			X	X					199
Dynamic Squat Twist and Hinge	A						X	X		X	X					200
Dynamic Knee Lift and Leg Back	A									X	X					201
Dynamic Lateral Reach Slide	A						X	X				X				202
Dynamic Figure 8	A										X	X				203
Dynamic Knee Bend and Hug	A								X	X	X					204
Dynamic Lunge and Circle	A						X	X				X				205



# preface

**Stretching** has come a long way since the first edition of *Full-Body Flexibility*. We always knew how important it was to stretch, but most of us didn't do it as much as we should. And when we did do it we didn't always do it in the most effective manner, often relying on a few old-fashioned stretches we learned when we were kids from our teachers or coaches.

In fact, one of the reasons I wrote the first edition of this book was to provide a simple resource that might nudge people to stretch more often and to do it a bit smarter. My goal was to highlight a common-sense approach to stretching that was easy to understand but that was also based on the most current research and expert opinions.

Although we are probably still not stretching as often as we should, the rise in popularity of activities such as yoga has brought stretching to the forefront of the fitness movement. In addition, coaches, personal trainers, and exercise experts have begun to intensify their efforts to get their athletes, clients, and students to make stretching a bigger part of their overall training routines, which often results in marked improvements in performance and injury prevention. Even better, there is growing agreement about the best time, the best methods, and the best approach to stretching. Stretching is finally on its way to becoming as significant in people's training regimes as the other components of fitness.

With this in mind, I felt it was the perfect time to release the second edition of *Full-Body Flexibility*. I have many new stretches to share, and my stretch system has become more refined since the first edition. In addition, I was able to expand the page count to include more of the multiregion stretches inspired by yoga that have become so popular as well as many more of the multidimensional, dynamic stretches that are ideal for sport conditioning and training. The routines from the first edition that readers loved have been retained in this new edition, but they have been updated, expanded, and refreshed to provide even better results.

The three-step stretch system I present in chapter 2 is worth reading because it provides you with a unique but simple method for stretching that will improve your flexibility, mobility, and strength in ways you can see, feel, and truly benefit from.

Once you have learned the three-step system, you will find 175 individual stretches (almost double the amount in the first edition!) to help you target the areas that need stretching the most. I have divided the body into regions to make it easy to locate a muscle group or stretch and to understand the benefits. I have also included chapters on multiregion (yoga-inspired) stretches and sport mobility stretches that incorporate multiple muscle groups at once and that are generally more advanced than other stretches. With so many individual stretches

to choose from, along with my three-step stretch system, you will have more information than you will ever need to stretch your body effectively and in a variety of ways.

If you want more structure, the 23 stretch routines found in part III of the book make it easy for you to stretch anywhere or anytime. The fitness routines are organized in a way that makes it quick and easy for you to get a good stretch workout. The sport routines provide you with the proper performance and recovery stretches for dozens of sports. The specialty routines allow you to focus on one area of the body or stretch with a specific goal in mind. All the routines use the stretches found in part II of the book. Each routine provides a thumbnail photo of each stretch and a page reference in case you need to look up a stretch while doing one of the routines.

I encourage you to use this book in whatever way most easily fits into your life. If you don't have much time during your day, select a stretch per day at random from the book and just do what you can. Some stretches take only seconds but still provide you with great benefit. If you have more time, explore the routines in the back of the book designed to provide more specific results. Whether you are searching to improve your overall fitness or sport performance or just looking for a more effective way to stretch, *Full-Body Flexibility* gives you the right tools to reduce the tension in your muscles, increase your strength, lubricate your joints, refresh your body, make it easier to reach and bend for things, improve your posture, enhance your athleticism, and help you stand taller.

I have always enjoyed stretching, whether I am doing it to release tension, improve my flexibility, recover from a tough training session, or simply to make it easier to get through my day. When I am unable to stretch regularly, I notice it in how I feel, move, and perform. Then when I get back on my regular stretch routine, I'm freshly amazed by what a difference it makes. As I get older, I also notice how truly helpful stretching is for keeping me limber, strong, and energetic.

*Full-Body Flexibility* is designed to make it comfortable, quick, and easy to include stretching in your training program or sport performance regime and your day-to-day life. This second edition incorporates the best stretches and best routines into a practical system that will change your understanding of what stretching can do for you.



# acknowledgments

**The** writer of any book usually gets most of the credit. However, anyone who has written a book will tell you that it takes a whole group of people to bring a book to life. It is impossible for me to fully express the gratitude I feel toward these people, but my heart is as grateful as it can be.

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