The **stretch** refers to the practice of [exercises](https://es.wikipedia.org/wiki/Ejercicio) smooth and maintained to prepare the [muscles](https://es.wikipedia.org/wiki/M%C3%BAsculos) for greater effort and to increase range of [motion](https://es.wikipedia.org/wiki/Motilidad) in the [joints](https://es.wikipedia.org/wiki/Articulaci%C3%B3n_%28anatom%C3%ADa%29) . It is the elongation of the muscle beyond the length it has in its resting position. We need a mat and elastic band for every person.

First of all, we will do neck stretching.

 30s Neck lateral strecth: one side then the other side.

 30s

 30s Neck flexion stretch: forward then back.

Second, we will do stretching of the arms and pectoral.

 30S Shoulder routetor strecht: with elestic band, pull up with . the top arm then down with the other.

30s

 30s Side stretch for arms: put the arm to the side and straight of .

 your chest and stretch out with the other hand.

 30s

 30s pectoral setretch: use a bar.

 30s

 30s tricep strech: pull elbow across and down

 30s

 30s bicep stretch: put your arms back, take your hands and stretch up.

Third, stretch the back.

 30s backsides strech: raise your arms up, grasp your hands and pull up.

 30S Lateral flexion stretch: one side then the other, push the . . pelvis across as your band.

  30S

 30s Lumbar stretch: Stretch on your stomach and just lift your back up.

 30s back stretch: reach forward with arms, push chest towards floor, each back down backside backside behind knoos.

And now, we finish stretch the legs.

30s quadriceps stretch: kneep pelvis on floor and stretch the . legs

30s

 30s Adductor stretch: put one leg out and stretch the inner . . muscle.

 30s

30s lunges: one leg is positioned forward with knee bent and . foot flat on the ground while the other leg is positioned . . behind.

30s

 30s gluteal stretch: pull knee and lower leg towards . opposite shoulder.

 30s

 30s gluteal stretch and lumbar rotation stretch

 30s

 30s knee stretch: commence with the knee slightly bent, . . then push knee straight as tension allows, push chest . towards foot.

30s

 30S back quàdriceps stretch: with the foot pulled back . . towards the knee

30S

 30s Touch foot leg: push down, with elbows on knees, keep back staight

 30s lumbar flexion stecth: pull knees and lower legs towards opposite shoulder.