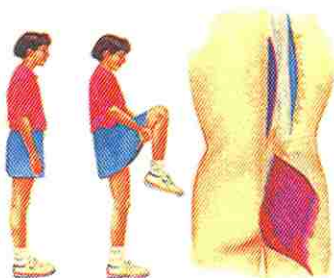


Basic 10 Flexibility Exercises

- 1. Warm Up.** Begin with 5 to 10 minutes of general body warm-up (slow jog around the court, easy jumping jacks, etc.) to increase body temperature. Stop when you begin to perspire.
- 2. Stretch.** Stretch those areas of the body that are particularly tight. Perform each stretch on both sides of the body.
- 3. Play.** Play tennis.
- 4. Cool Down.** Stretch all parts of the body as described in the USTA Basic 10 Flexibility Exercises.

1. Knee-Chest Flex



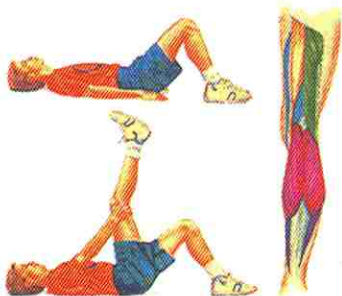
Bend one leg and grasp the back of the thigh just above the knee. Slowly pull the knee to your chest. Hold this position.

3. Figure-4 Hamstring Stretch



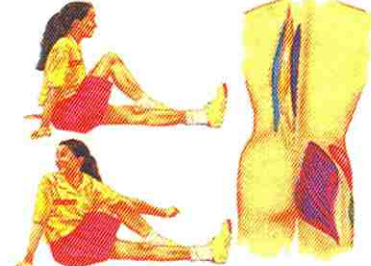
Try to bring the chest to the thigh by bending forward from the hips. Keep the back straight. Pull your toes back to point toward your face.

2. Hamstring Stretch



Straighten one leg and raise it toward the trunk. Use your hands to gently increase the stretch. Point your toes toward the face to stretch the calf.

4. Spinal Twist



Place the right foot on the outside of the left knee. Bring the left arm around the right knee, resting the elbow above the outside of the right knee. Slowly turn the head and upper body to the right, you'll wind up looking over your right shoulder.



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5. Quadriceps Stork Stretch



Stand on one leg. Bend the opposite knee while grasping the ankle. Keeping the back flat and the buttocks tucked under, bring your knee down as far as you can, trying to point it straight down to the floor. Do not point the knee out or twist it!

8. Shoulder Stretch



With the lower arm, slowly pull the racket down, bringing the upper elbow to your ear and pointing it to the ceiling. Then slowly pull up with the top arm, pointing the lower elbow to the floor.

6. Groin Stretch



Place one hand above the knee, the other hand on the opposite hip. With toes pointed forward, slowly bend the knee your hand is on until you feel a stretch in the groin area. Roll your weight onto the inside of your foot.

9. Calf Stretch



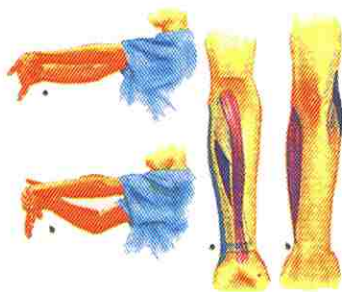
Keep the back knee straight, the heel on the floor, and the foot pointing forward. Bend the forward knee and lean your trunk forward. Do not arch the lower back. Then slightly bend the back leg, raise the heel 2 inches off the floor, and lean into the wall. This time, feel the stretch near the heel.

7. Hip Stretch



Stand with your right hand on the wall, your weight on your right leg, and your left leg crossed in front of it. Gently push the right hip toward the wall. Increase the stretch by standing farther from the wall.

10. Forearm Stretch



With the elbow straight and palm up, use the opposite hand to gently stretch the wrist back (extension). Turning the palm down and gently stretch the wrist downward (flexion).

SAFETY TIPS

- Emphasize SLOW, SMOOTH, MOVEMENT and coordinate DEEP BREATHING. Inhale deeply, then exhale as you stretch to a point just short of pain. (Stretch to the painful position, then ease back slightly.) Hold this position for 10 seconds as you breath normally. Next, exhale as you slowly stretch further. Again, stop just short of pain. Hold this stretch for 10 to 20 seconds. Repeat 3 times. Focus on staying relaxed.
- FEEL NO PAIN. If it hurts or if you feel a burning sensation, you are stretching too far.
- KNOW YOUR LIMITS. Stretch to your own limits, not to someone else's or to some preset maximum stretch.
- AVOID BOUNCING OR JERKING MOVEMENTS.
- STRETCH DAILY FOR BEST RESULTS.