

Exercise of the Month



Flexibility Training for Men

Purpose: Improve flexibility

Target Muscles: hamstring, hip adductors/abductors, IT band, calves, serratus anterior, erector spinae

Equipment Needed: Strap or band

Movement:

- Hold exercises 1, 2, 3, 5, and 6 for 30 seconds per side.
- Hold exercise 4 for 60 seconds. Repeat 2-3 sets.

#1: Lying Hamstring Stretch



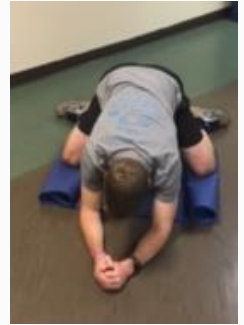
#2: Lying IT Band Stretch



#3: Pigeon Stretch



#4: Frog Stretch



#5: Downward Dog Calf Stretch



#6: Standing Side Stretch



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