



Exercise of the Month



World's Greatest Stretch

Purpose: Targets every major muscle group in the body while incorporating both static and dynamic movements and positioning.

Target Muscles: Hip flexors, hamstrings, adductors, glutes, calves, quads, thoracic spine, chest, shoulders, obliques.

Equipment: A mat is optional.

Movement:

- Begin by stepping forward with your right leg into a lunge until your knee is parallel with the ground.
- Bring your left palm down flat on the ground as if you were to plank and bring your right elbow to the inside of your right foot.
- Rotate and reach towards the ceiling with your right hand. Bring your right hand back down and reach between your left arm and your body as if you were threading a needle. Complete 10 reps slow reps.
- Complete the movement by placing both palms flat on the ground, straightening your front leg and shifting your weight to the heel of your forward foot and toes of your back foot. Hold for at least 10 seconds and repeat entire stretch on other side.

Benefits:

- By including both static and dynamic movements and positioning, the WGS activates the central nervous system and creates new connections between the brain and body. These connections help to improve your workouts and recovery by activating muscles more reliably when they're needed, along with reducing the chance for injury. It's ability to target every major muscle group in a single stretch not only optimizes pre- or post- stretch but also simplifies it.

