



The Keys to Stretching Your Potential

Are you committed to transforming your body with Motion Dynamics?

COMMITMENT

The more you commit to your flexibility goals, the greater the results. Flexibility requires your commitment as it is the first aspect of fitness that you lose.

CONSISTENCY

Train and work on your flexibility every day to maintain and improve your flexibility.

GOALS

Set personal goals for you to reach and try to surpass them.

FOCUS

Focus on improving your knowledge and skills. This includes your knowledge of body and body of knowledge. The Stretch team is here to improve your body awareness.

PROGRESSION

Think of training your body as a lifestyle choice and improving your flexibility and mobility as a necessity towards a better quality of life.

EMPHASIS

Place your greatest emphasis on understanding your weakest and tightest areas as well as identifying specific muscles that are most important for your particular sport or activity. You will be fitter, faster and have fewer injuries.

TRAINING

Work on your flexibility first, strength second and endurance third. Mental skills and sports specific skills and athletic skills will come after wards.

POWER BASE

Keep the pelvic girdle aligned and symmetrical and train the trunk and torso daily. This area is crucial for all movements and structural stability.

FLEXIBILITY

Flexibility is the key to reducing the risk of injuries and to improve power and performance as well as preparing you for physical activity.

STRENGTH

Strength is essential for developing power, speed and stability and reducing the risk of injuries.

Flexibility Guidelines

- Always warm-up before you stretch. The temperature of the muscles should warm-up by around 2 degrees Celsius to increase the circulation and elasticity of the soft tissues.
- Avoid any bouncing as this can aggravate and potentially tear the tissues.
- Relax when you stretch and with DMT™ stretching always focus on moving and innervating the contracting agonist muscles so as to get the safest and deepest antagonist stretch.
- Don't hold the stretch past the barrier or end feel longer than 1.5 to 2 seconds so as to avoid the activation of the myotatic stretch reflex. This is the safe, gradual and gentle approach to stretching tight tissues.
- Breathe in before the stretch and breathe out during the stretch to maximize the relaxation through the sympathetic nervous system. The more relaxed you are mentally and physically during the stretch the greater the flexibility potential.
- Never stretch to a point of pain only to a point of light irritation.
- Stretch actively before and after each work out.

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