

Exercise Basics  STRETCHING	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A04.04 01/1998-N Page 1 of 1
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## PURPOSE

Stretching exercises must be included in a sound exercise program. Stretching correctly and consistently ensures that full range of motion in the joints is achieved which will enhance performance and reduce risk of injury.

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## INTENSITY

- NEVER BOUNCE! All stretches are performed in a slow and deliberate manner.
- NO PAIN! All stretches should be performed only to a point where a gentle pull is experienced.

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## ACTIVITIES

The type of stretches performed is dictated by the activity to follow. For example, if the activity is a bench press then stretches for the shoulder joint should be performed. It is also highly recommended that stretches for the lower back be included in all stretching programs.

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## TIME ALLOTMENT

Stretching is performed at the end of the warm-up and cool-down periods and requires 5-10 minutes to complete.