

**Standard 1: Standing Long Jump Performance Standard
in the Exercise of the Athlete**

Each athlete has a personal record for the best standing long jump he or she can make.



**Standard 2: Squat Performance Standard
in the Exercise of the Athlete**

Each athlete has a personal record for the greatest weight he or she can lift in the squat. Each athlete must use an exercise mat for the squat.



**Standard 3: Sit-up Performance Standard
in the Exercise of the Athlete**

Each athlete must have his or her right and left hand on the ground and feet flat on the ground for each sit-up. Each athlete must use an exercise mat for the sit-up.



Standard 1: Squatting (against Anterior Strain) is for the Greater of the Adductors

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Standard 3: Squatting (against Anterior Strain) is for the Greater of the Adductors

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Stretch 11: Sit and Leg Crossing (Seated Butterfly Stretch), is for the muscles of the Buttocks

It will help to improve your posture by pulling the front of your legs and hips closer to your body.



Stretch 12: Sit and Leg Crossing (Seated Butterfly Stretch), is for the muscles of the Buttocks

It will help to improve your posture by pulling the front of your legs and hips closer to your body.



Stretch 13: Sit and Leg Crossing (Seated Butterfly Stretch), is for the muscles of the Chest

It will help to improve your posture by pulling the front of your legs and hips closer to your body.



**Standing: Standing Arm Clock Stretch, to Stretch
Muscles of the Arm**

Stand with your feet shoulder-width apart. Hold the wall with your right hand, pulling your shoulder towards your head. Repeat with your left hand.



**Standing: Lying Straight Arm Overhead
Stretch, to Stretch the muscles of the Shoulder**

Lie on your back with your arms straight and your feet flat on the floor.



**Standing: Lying Bent Arm Overhead Stretch, to
Stretch the muscles of the Shoulder**

Lie on your back with your arms bent and your feet flat on the floor.



**Stretch 10 – Standing Head-to-Toe Standing
Stretch, is for the muscles of the hamstring.**

Stretch your hamstrings and calf. Stand with your feet
together.



**Stretch 11 – Lying Cross and Head Pull Down
Stretch, is for the muscles of the hip.**

Stretch your entire torso along with the stretching for hip and
your quadriceps as well as your spine and your lower back
muscles in your.



**Stretch 12 – Sitting Position with the Feet, is for
the muscles of the hip.**

It will bring your entire body into a position where you can
perform your stretching quite comfortably.



**Step 108 - Kneeling Squat Stretch, into the
middle of the Step**

Place your hands on the floor, transfer the weight to a kneeling
knee, and stretch the quadriceps.



**Step 109 - Lying Leg/Back Step Stretch, into the
middle of the Step**

Place your hands on the floor, pull your knees up
toward the ground.



**Step 110 - Lying Back to Back Stretch, at the
middle of the Step/Back**

Place your hands on the floor, pull your knees
toward the ground.



Stretch 18 - Lying Leg Cross-over Stretch, is for the muscles of the lower back.

With knees bent and feet flat on the floor, pull the right ankle across the left knee and stretch for 30 seconds.



Stretch 19 - Seated Knee up Shoulder Stretch, is for the muscles of the lower back.

With knees bent and feet flat on the floor, pull the right knee up towards the chest and stretch for 30 seconds.



Stretch 20 - Standing Knee and Ankle Stretch, is for the muscles of the lower back.

Stand with feet shoulder-width apart and stretch for 30 seconds. This stretch is for the lower back and the muscles of the lower back.



Stretch 101 – Single-Legged Squat Assisted Stretch, for the Ankle of the Lower-Limb

Stretch 101 is a single-legged squat assisted stretch for the ankle of the lower-limb. You should do this stretch for 30 seconds.



Stretch 102 – Seated Toe and Heel Stretch, for the Ankle of the Lower-Limb

Stretch 102 is a seated toe and heel stretch for the ankle of the lower-limb. You should do this stretch for 30 seconds.



Stretch 103 – Lying Heel Stretch, for the Ankle of the Lower-Limb

Stretch 103 is a lying heel stretch for the ankle of the lower-limb.



**Stretch 101 - Lying Side Glute Stretch, into the
Muscle of the Backstrap**

Start by pulling one leg up and slightly forward, and then
lean slightly away from your hip back.



**Stretch 102 - Forward Side Glute, into the
Muscle of the Side**

Start by pulling one leg up and forward, and then
lean away from your hip back.



**Stretch 103 - Forward Side Glute, into
the Muscle of the Side**

Start by pulling one leg up and forward, and then
lean away from your hip back. Then, lean away from
your hip back.



Stretch 101 - Reverse Shoulder Stretch, anterior muscles of the Shoulder

Stand upright with your feet together and your arms at your sides.



Stretch 102 - Posterior Shoulder Stretch, outer Rotator cuff of the Shoulder

Stand upright with your feet together and your arms at your sides. Bend your right arm at the elbow and reach your hand behind your head.



Stretch 103 - Reverse Lunge Stretch, anterior muscles of the Shoulder

Stand upright with your feet together and your arms at your sides. Step your right foot back and bend your knee. Reach your right arm forward and down.



Stretch (1) - Arm and Shoulder Stretch, with the assistance of the Straps

Stretch your arm and shoulder, pulling downwards at an angle. The strap will support the weight of the arm and the shoulder to the floor and assist.



Stretch (2) - Arm and Shoulder Stretch, with the assistance of the Straps

Stretch your arm and shoulder, pulling downwards at an angle. The strap will support the weight of the arm and the shoulder to the floor and assist.



Stretch (3) - Spinal and Hip Stretch, with the assistance of the Straps

Stretching your spine to the side and pulling up and down. The strap will support the weight of the arm and the shoulder to the floor and assist.



Stretch 101 – Reaching (Lateral) Stretch/Stretch in the Direction of the Head

Stretch your shoulder and neck. Sit down with the left knee bent and your feet flat on the ground. Reach



Stretch 102 – Reaching (Frontal) Stretch, in the Direction of the Shoulder

Stretch your shoulder and neck. Sit down with your legs bent and your feet flat on the ground. Reach your arms forward and down towards the floor.



Stretch 103 – Shoulder (Superior) Stretch, in the Direction of the Shoulder

Stretch your shoulder and neck. Sit down with your legs bent and your feet flat on the ground. Reach your arms up and over your head.



Stretch 02 - Crossing Heel and Calf Stretch, in the Backside of the Upper-Calf

Start by placing your right foot in front of your left foot and stretch your right leg straight out in front of the front leg and stretch. Hold your stretch for 30 seconds then repeat.



Stretch 03 - Standing Heel and Calf Stretch, in the Backside of the Upper-Calf

Start by placing the heel of your back foot on the ground and stretch your back leg straight out in front of you.



Stretch 04 - Standing Heel and Calf Stretch, in the Backside of the Upper-Calf

Start by placing the heel of your back foot on the ground and stretch your back leg straight out in front of you. Hold your stretch for 30 seconds then repeat.

