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A healthy & balanced lifestyle for every**body**.

## TIPS FOR STRETCHING

### From Peter Bua

#### **Warm up:**

Get those muscles “warm” by rotating your joints and allowing your blood to flow, making your muscles more limber.

#### **Hold that stretch:**

Maintain your stretch for 10-15 seconds, but let go if it hurts. Stretching should feel good.

#### **Don't hold your breath:**

Breathe regularly and definitively – in and out, in and out.

#### **Stay aligned:**

In a proper stretch, your ear should line up with the tip of your shoulder, your hip bone and the protruding bone on your ankle.

#### **Stretch in front of a mirror:**

Look at yourself and make sure your posture is in alignment.

#### **Enjoy yourself and relax:**

Proper stretching will be the start of a more effective workout.