

THE
SIDELINE
FLEXIBILITY
CHEAT SHEET

Stretching to Achieve Optimal Well-Being!

By GeNienne Samuels &
The Sideline Prep Coaches

Sideline Flexibility Cheat Sheet

Below are a few “KEY POINTS” to focus on from the Sideline Flexibility Training. At the bottom of this cheat sheet, document additional notes and take-aways. Be sure to update your Ah-Ha’s and Goal Worksheet accordingly based on things you want to remember and OFIs you need to improve. Let’s do it!

KEY POINT:

Sometimes ladies underestimate the importance of flexibility. But it’s something that you cannot hide in the pro cheer world. Stretch after every workout and make flexibility a priority so your kicks are high and your leaps are extended & “open”!

- GeNienne Samuels, Sideline Prep

Cheat Sheet

Take a moment to ensure you understand each of the key points below... if not, go back and listen to the training:

- Review and remember the Flexibility Misconceptions
- Some of the benefits of lengthening and stretching your muscles include:
 - Helps prepare your body for physical activity
 - Prevents injuries and balance problems
 - Improves posture and reduces lower back pain
 - Helps achieve full range of motion
- The two main stretching types that you should focus on:
 - Dynamic
 - Static
- Remember to use the following types of stretching at certain times:
 - Dynamic Stretching – Before workouts, prep classes, auditions; Use as part of your warm up
 - Static (Passive) Stretching – After workouts, prep classes, auditions; Use as part of your cool down
- Remember the Top Ten Flexibility Tips... for Static Stretching!
 - Should be thoroughly warm before stretching
 - Stretch all body parts
 - Stretch to just the point of discomfort
 - Continue to stretch through the discomfort (tightness should diminish)
 - Avoid holding your breathe
 - Shake out limbs in between stretches
 - Complete 2 – 3 stretches before moving to the next exercise
 - Breath out into the stretch
 - Hold each stretch for 10 – 30 seconds
 - Stretch once a day, 3 to 7 times a week
- Flexibility impacts both kicks and technique (especially leaps). To get a jump-start on your flexibility workouts, take yoga classes and/or use Beachbody’s PiYo workout.

FINAL POINT:

Please, please, please be sure to stretch after every workout and dance class. If not, you could lose your flexibility!

ADDITIONAL TAKE-AWAYS:



PS – If you have any take-aways that you think should be added to this Cheat Sheet, let us know! Either email us or include your idea on Feedback Form for this training. THANKS!

B00M!
You are On Your Way to Having the Smarts!!