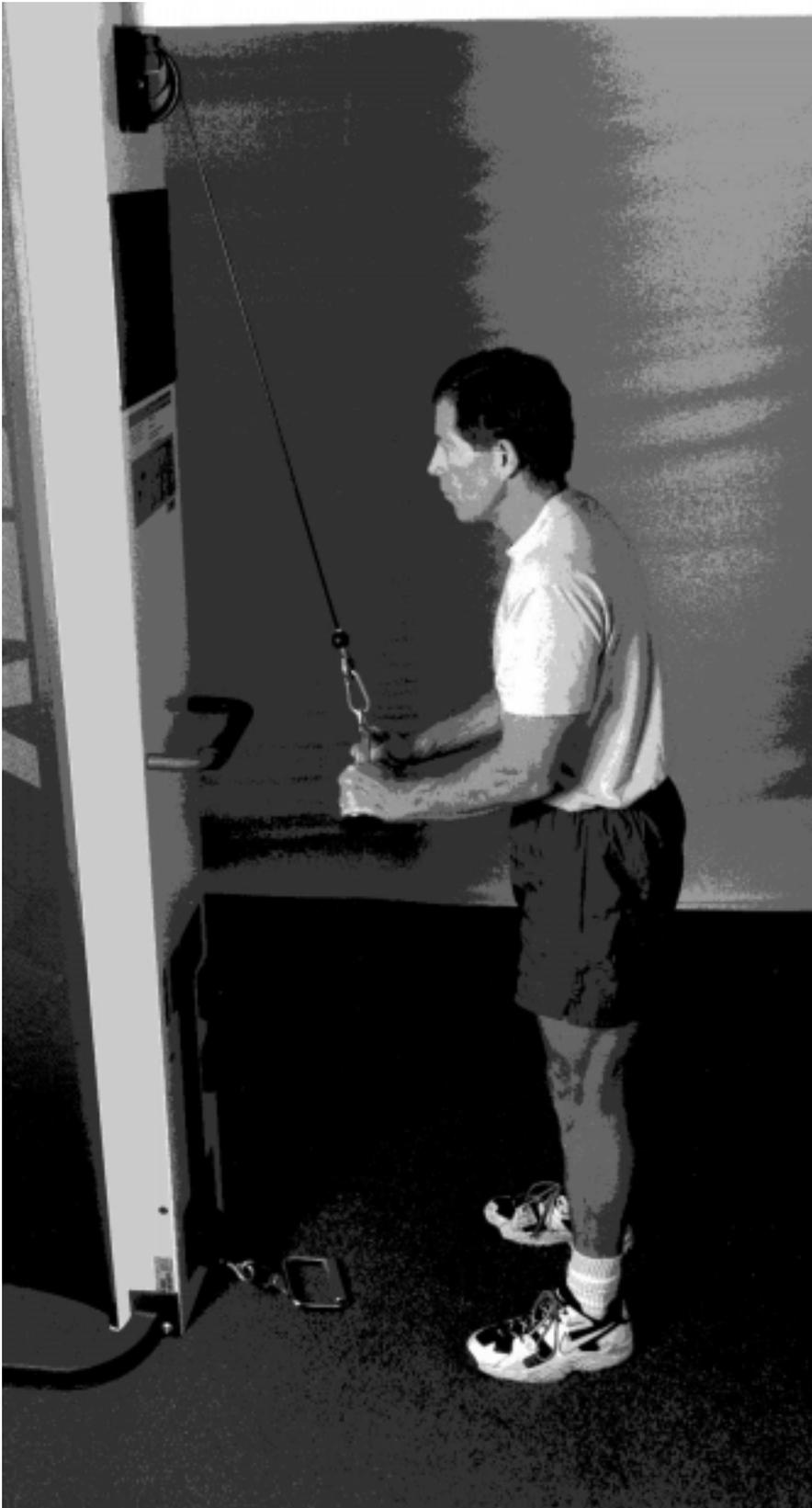


Chapter 9—Muscular Fitness Training



This chapter presents information concerning muscular fitness training, including preventive and rehabilitative exercises, and suggestions for muscular fitness exercises.

Stretching

Stretch before activity, after a brief warmup, or whenever you feel the need. It is important to stretch before and after physical activity, including work. Stretching:

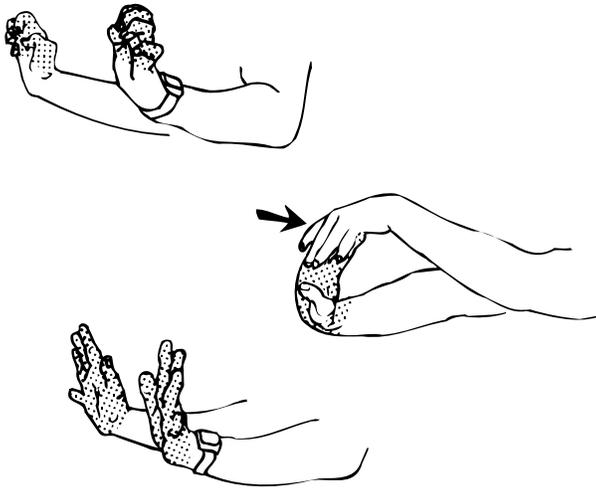
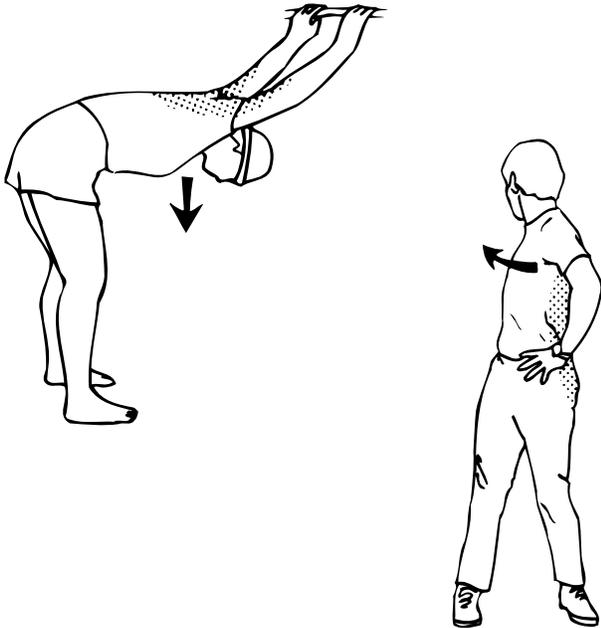
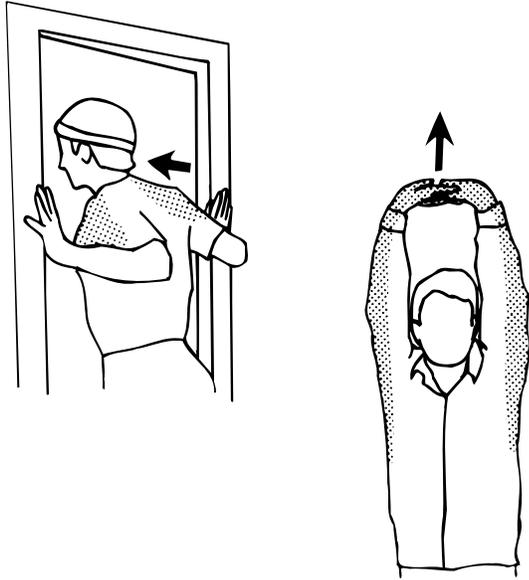
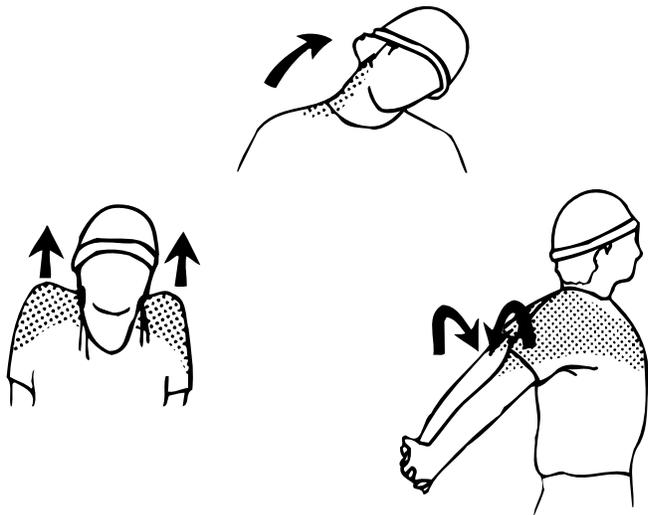
- *reduces muscle tension,*
- *increases range of motion,*
- *helps prevent injuries,*
- *reduces soreness, and*
- *makes strenuous activity easier.*

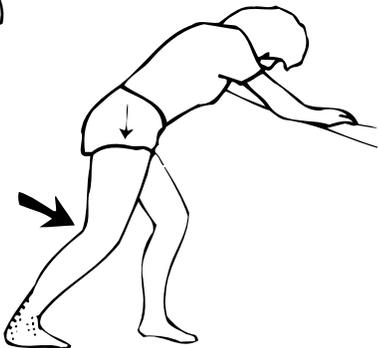
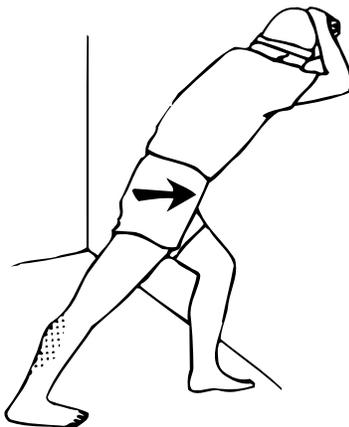
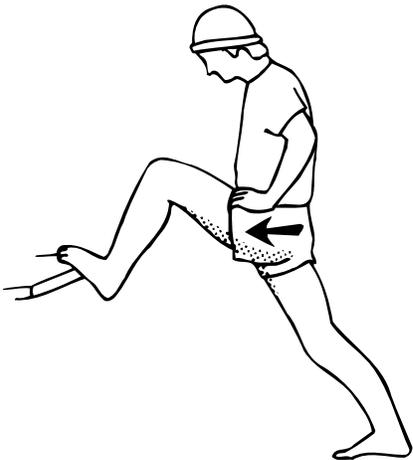
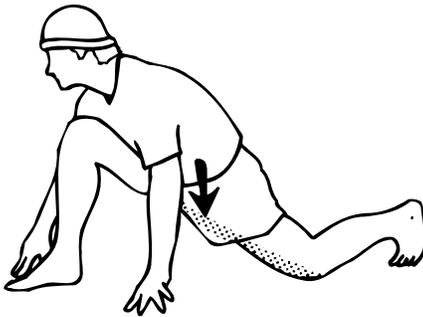
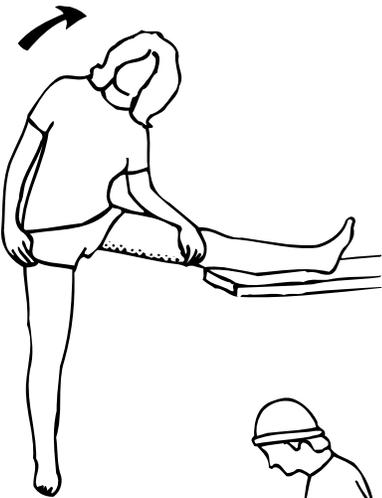
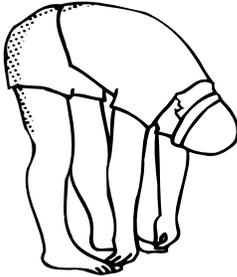
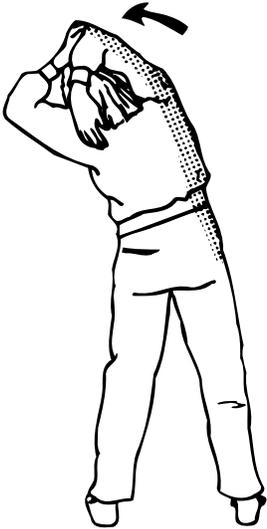
More importantly, it feels good!

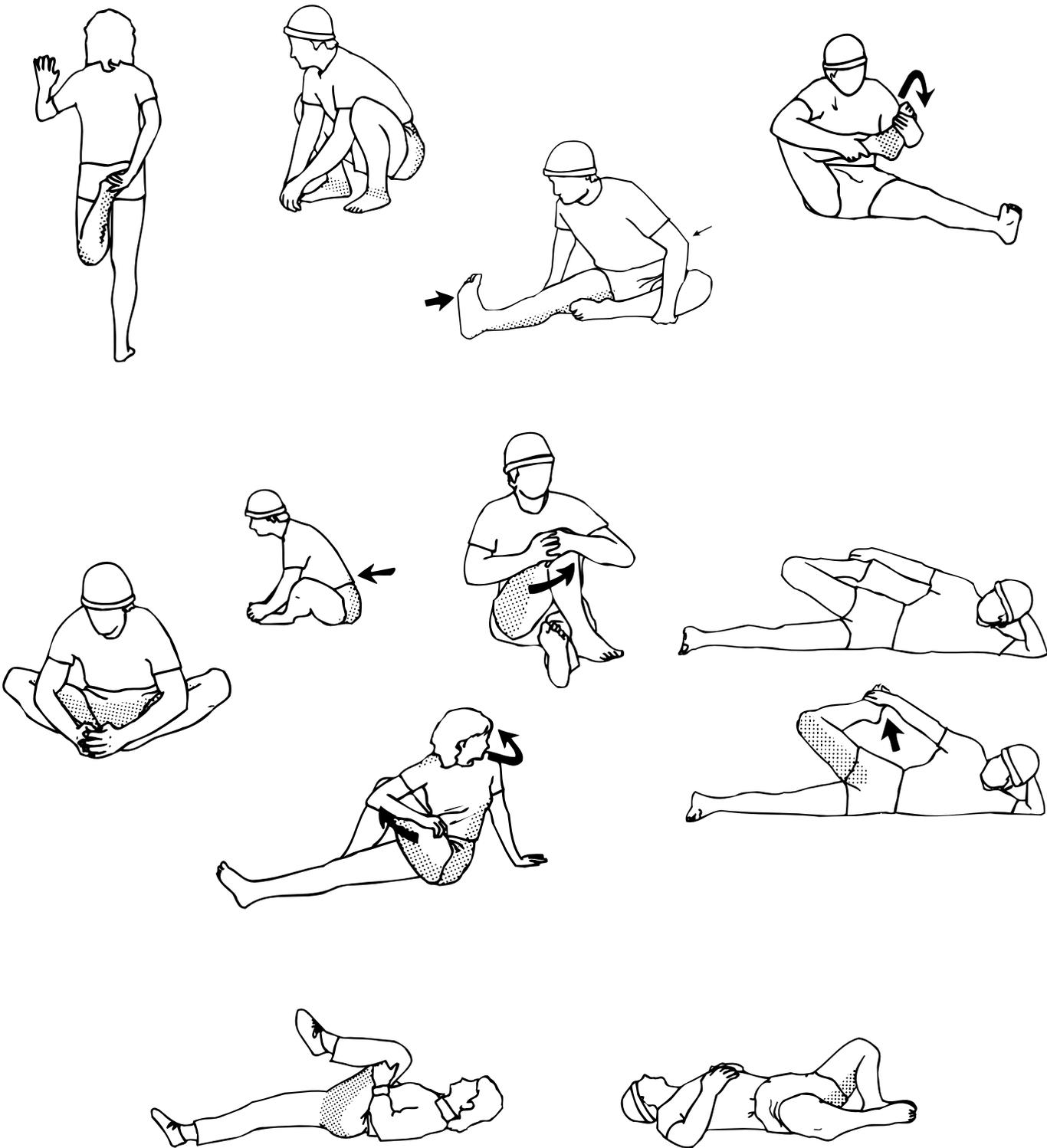
Stretch slowly, without bouncing. Stretch to where you feel light tension, hold for 10 to 20 seconds or longer, then relax. Ease off if the stretch feels uncomfortable. Count the seconds for each stretch, breathe easily and try to relax as much as possible. You could repeat the stretch with slightly more tension to increase flexibility.

For variety try a light bobbing motion or the contract/relax stretch (stretch... relax, then briefly contract the muscle you are trying to stretch, relax and stretch again) (see page 17).

Select appropriate exercises from among the following examples. In time you will develop a list of exercises that meet your needs.







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