



AFFIRMATIONS & INNOVATIONS

# POST-MEET STRETCHES

TRY THESE SIMPLE STRETCHES TO RECOVER FROM YOUR MEET OR WORKOUTS THIS WEEK!



## Post Squat

A forward fold is the simplest way to stretch the entire posterior chain. This stretch can be modified by placing your hands on your shins, keeping a straight line along your spine, without curving the back.

## Post Bench

Child's pose is a great way to recover the shoulders and pectoral muscles after bench press. You can modify this pose by placing your hands on blocks if the floor feels far away and you can bend your elbows if the stretch is too intense.



## Post Deadlift

A side bend is a great way to recover your lower back and your lower posterior chain after a deadlift. This can be modified by using a strap, exercise band, or belt at home to bring the foot closer to you.

## Post Deadlift

If you pull conventional, a seated forward fold is a great addition to the above stretches, as it targets the lower back and the entire posterior chain. You can use a strap, exercise band, or belt for this pose, as well, to bring the feet closer to you without straining.



Come stretch with us at Preacher Power Barbell Club!

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[www.affirmationsandinnovations.com/yoga](http://www.affirmationsandinnovations.com/yoga)