STRETCHING for STRENGTH

When trying to achieve a higher level of strength; stretching can HELP YOU, and sometimes it CAN WORK AGAINST you. The ACSM recommends you keep FITT (frequency, intensity, type and time) in mind and use the correct method at least 2 times per week, and remember to never stretch a cold muscle.

Static
- Static stretching is targeting a specific muscle and focusing on stretching only that muscle for at least 30 seconds while the rest of your muscles are in an inactive state. This method is also associated with strength loss immediately following the stretch.

When:
- Static stretching should be done after your strength workout is completed at least 2 days per week. This allows for optimal strength for your workout as well as warm elastic muscle to stretch.

PNF (Proprioceptive Neuromuscular Facilitation)
- PNF stretching is usually performed with a partner or theraband in a clinical setting. This method involves stretching the muscle passively at least 3 times and then activating it 3 times against resistance for at least 6 seconds. Activating the muscle in a lengthened state allows for a further passive stretch. It has also been shown to improve athletic performance.

When:
- PNF stretching should be done after your strength workout at least 2 days per week. This allows for optimal strength during your strength workout as well as warm elastic muscles to stretch.

Dynamic
- Dynamic stretching involves actively moving the muscle through its range of motion and using momentum to move the muscle past normal range of motion but within your static stretch ability. There are no strength deficits associated with dynamic stretching.

When:
- Dynamic stretching should be done at least 2 days per week and it can be performed before and/or after your strength workout.
Citations


