



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"
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Warm Up and Stretching Guidelines

Your pre match warm up and stretching routine can take many different forms. It's important to find something you like and works for you. There's nothing wrong with changing your program every once in awhile to keep it fresh. Use these techniques from Brad Walker, stretching guru.

The Warm Up

Riding a stationary bike, stair stepper, elliptical machine, rowing machine, or cross country trainer will get you started. You also use yoga, tai chi, or dancing to your favorite music. Make it fun! You'll be more likely to do it!

Exerbands are great for stretching the upper body.

A good warm up increases blood flow to muscles and tendons, and increases your range of motion.

A good warm up starts at a leisurely pace for 2-3 minutes then accelerates for for another 2-3 minutes. Breathing should be deeper, but not so you are out of breath. You should feel warm, maybe even break a little sweat.

Stretching

Always stretch both agonist and antagonist muscle groups, so that there isn't an imbalance. Some of the major muscle groups that work to balance your body and provide good posture are:

Chest and upper back.

Biceps and triceps.

Abdominals and lower back.

Quadriceps and hamstrings.

Groin and abductors (inside and outside of upper leg).

Guidelines For Safe Stretching

Warm up before stretching. A correct warm up has the effect of increasing both heart rate and respiratory rate.

Stretch both before and after exercise. Stretching before exercise prepares you for activity and helps to prevent injury. Stretching after exercise reduces soreness and DOMS (delayed onset muscle soreness).

Stretch all muscle groups. Example: Muscles in the upper body are essential for running sports.

Stretch only to the point of tension.



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Stretching shouldn't be painful! It should be pleasurable, relaxing, and very beneficial. When the muscles are stretched to the point of pain, the body employs a defense mechanism called the stretch reflex. This is the body's safety measure to protect the muscles. This reflex causes the muscles to contract, thereby preventing them from being stretched.

Breathe slowly and evenly while stretching.

Have fun with this! Make warm up and stretching an integral part of your routine!