

# Stretch and Strength Fitness Diagrams

## Stretch Fitness Diagrams

Stretching positions are the same for all people. However, the extent of the stretch depends on the flexibility of the individual. Safety is important, so stretches should not be taken beyond comfortable levels. The recommended time to hold each stretch is 10 to 15 seconds.



**Neck stretch.**



**Arm and shoulder stretch.**



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Photos © Human Kinetics.



**Palms to ceiling.**



**The wave.**



**Reach back.**

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Photos © Human Kinetics.





**Quad burner.**



**Hold-up-the-wall hamstring stretch.**



**Butterfly.**

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Photos © Human Kinetics.

## Strength Fitness Diagrams

### Upper-Body Strength



Regular push-ups.



Modified push-ups.

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## Stomach Strength



**Abdominal crunches.**

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