



Motocross Full Body Flexibility Routine

Notes:

Hold stretches for 15-30 seconds, gradually increasing the range of motion. Do not bounce or force stretches. Stretch to the point of mild to medium discomfort and hold. Inhale deeply at the start of the stretch gradually exhaling as you slowly increase the range of motion. Relax.....this should feel GOOD!



Full Body Flexibility Routine

Workout Style = Circuit

Intensity = Hold each stretch for 15-30 seconds to the point of mild to medium discomfort.

Exercise	Duration	Sets
McKenzie Stretch (Lower Back)	Hold for 1-2 sec at top	10 Reps per set 2 sets total
Quadriceps – Standing or Lying	30-seconds	2
Hamstring – Rope Assisted	30-seconds	2
Calf – Standing Rear Leg Bent	30-seconds	2
Posterior Hip/Glute Stretch	30-seconds	2
Seated Hip/Glute Stretch	30-seconds	2
Shoulder Stretch – Arm Across Body	30-seconds	2
Lat Stretch – On Floor	30-seconds	2
Triceps Stretch - Standing	30-seconds	2
Butterfly Stretch - Seated	30-seconds	2
Neck Stretch - Standing	30-seconds	2

Rest: Between sets = none. Smoothly transition from one stretch to the next. **Take your time and relax**

EXERCISE LIBRARY

McKenzie Stretch (Lower Back)



Quadriceps - Standing or lying on side (your choice)



Hamstring - Rope Assisted



Calf Stretch - Rear Leg Bent



Posterior Hip/Glute Stretch



Hip/Glute Stretch - Seated



Shoulder Stretch - Arm Across Body



Lat Stretch on Floor



Triceps - Standing



Butterfly Stretch - Seated



Neck Stretch - Standing

