

# Stretch it Out

## A GUIDE TO STRETCHING



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# Stretch

1. It is recommended that you use this stretching routine daily for approximately 2+ weeks leading up to your boudoir session to help get you limber for the crazy poses we will be doing! It will also help you be less sore after your session!
  2. This stretching routine should take you only 10-15 minutes to complete each day. Still a little sore after your session? Use ice packs for 15 minutes on and off; this will help aching/sore muscles.
  3. Warm-hot baths with/without Epsom salt will also help sore muscles/tenderness. Don't forget to increase your water intake; it will help flush toxins and improve potential muscle fatigue.
  4. All exercises will be done in 10-20 repetitions. Alternate each leg.
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## “*Lateral Leg Raise*”

Lay on the right side with the legs extended straight to the side and feet together with toes pointing straight ahead. Support the upper body with the right elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the right hand makes a fist vertical to the ground. Lift foot about 10 times. Switch sides and repeat.

### PURPOSE:

This exercise strengthens lateral hip and upper leg muscles





## “*Medial Leg Raise*”

Lay on the left side with the left leg extended straight to the side and the right leg bent at 90 degrees with the right foot flat on the ground behind the left leg. Support the upper body with the left elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the left hand makes a fist vertical to the ground. Lift foot off of the ground about 10 times. Switch sides and repeat.

### PURPOSE:

This exercise strengthens the inner thigh and hip muscles





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## *Bent Leg Lateral Raise*

Lay on the right side with the legs bent at 90 degrees and feet together with toes pointing straight ahead. Support the upper body with the right elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the right hand makes a fist vertical to the ground. Raise knees apart about 10 times. Switch sides and repeat.

### PURPOSE:

This exercise strengthens hip rotator muscles



## “Single Leg Tuck

Lay on the right side with the legs extended straight to the side, with the left leg 6 to 8 inches above the ground, and toes pointing straight ahead. Support the upper body with the right elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground, and the right hand makes a fist vertical to the ground. Bring the thigh of the top leg toward the chest, bending the knee at 90-degrees. Return to the starting position. Do about 10 times. Switch sides and repeat.

### PURPOSE:

This exercise strengthens the hip flexors, lateral hip, and upper leg muscles



## “Single Leg Over

At the starting position, the arms are directed to the sides at 90-degrees to the trunk; the fingers and thumbs are extended and joined. Turn the body to right, bend the left knee to 90 degrees over the right leg, grasp the outside of the left knee with the right hand, and pull toward the right. Hold this position for 20-30 seconds.

Switch sides and repeat.

### PURPOSE:

This exercise develops flexibility of the hips and lower back muscles





## “*Standing Calf Stretch*”

Start by standing straight up with your feet shoulder width apart; hold one leg out while pointing your toes upward (heel out) at a 45 degree angle, bend forward at the waist, grab your toes, keeping your back flat, hold for 2-3 seconds, repeat 6-10 times. Switch sides and repeat.

### PURPOSE:

This exercise loosens the calf muscles



## “*Extended and Flex*”

Slightly bend the knees and raise the hips upward. Straighten the legs and attempt to touch the ground with the heels. Move the head in line with the arms, forming an A with the body. Keep the feet together and hold this position for 20-30 seconds.

### PURPOSE:

This exercise develops mobility of the hip flexors, abdominals, hip and the low back, hamstrings, and calves



# “Cobra Stretch

Lower the body, sagging in the middle, keeping the arms straight and looking upward. Hold this position for 20–30 seconds.

## PURPOSE:

This exercise develops mobility of the hip flexors, abdominals, hip and the low back, hamstrings, and calves





# “Pike Stretch

This stretch can be performed both seated and/or standing; for seated, sit on floor with you leg together and straight forward, bend at the waist and optimize your flexibility by trying to touch your toes; hold for a few seconds and repeat. For Standing, stand straight with your legs together and bend at the waist trying to touch your toes, hold and return to the upward position. Hold for 20-30 seconds.

## PURPOSE:

The purpose of this exercise is to stretch the hamstring muscles



# “Thigh Stretch

Roll onto the right side and place the right forearm on the ground, perpendicular to the chest. With the right hand, make a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the heel of the right foot. Hold this position for 20–30 seconds. Switch sides and repeat.

## PURPOSE:

This exercise develops flexibility of the front of the thigh and the hip flexor muscles









## “Pigeon Stretch

Start by getting into a push-up position, bringing your knee forward and your foot inward toward your groin; sink back into your hips.

Hold for about 10-20 seconds. Switch sides and repeat.

Not safe for pregnant women.

### PURPOSE:

This exercise will stretch out your glutes



## “*Prone Row*”

Prone position with the arms overhead, palms facing downward 1-2 inches off the ground, and toes pointed to the rear. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders. Return to the starting position. Do about 10 times. Switch sides and repeat.

Not safe for pregnant women.

### PURPOSE:

This exercise develops strength of the back and shoulders



## “Lat Stretch

Start by standing straight, raise the arm of the desired side, bend at elbow keeping your arm behind your head, reach with your opposite arm, grabbing at the wrist and perform a slight lean. Do about 10 times. Switch sides and repeat.

### PURPOSE:

This exercise will stretch your latissimus dorsi muscles





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## *Arm & Shoulder Stretch*

Stand up straight, reach across body with the desired arm, take opposing forearm and place behind the elbow and attempt to bring arm toward chest. This will also improve your chest flexibility as well. Do about 10 times. Switch sides and repeat.

### PURPOSE:

This exercise will improve flexibility within the shoulders/neck/head region



## “Wall Sit

Place your back against the wall with your feet shoulder width apart and a little ways out from the wall. Form two right angles, one at the hips and one at the knees. Hold this position for 10 to 15 seconds.

### PURPOSE:

This exercise strengthens the quadriceps muscles



### Supplemental Information and Helpful Tips:

- Close out with a nice rear lunge and groin stretch to loosen up.
  - Massage therapy, inversion tables, and yoga as routine is encouraged.
  - Foam rolling sore muscles – place foam roller under desired muscle, roll out, holding at point of tension for at least 30 seconds.
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