

Stretching Guide for Kickboxing

Physical Therapy in Merced & Atwater for Kickboxing

Stretching is an essential part of kickboxing.

A good stretching routine can help to minimize muscle imbalances, prevent injury, improve your athletic ability and improve your overall kickboxing performance. The following stretching program is designed for kickboxers who do not have any current injuries or individual stretching needs. If you have an injury, or a specific mechanical imbalance that may be holding back your kickboxing ability, your Physical Therapist at Yosemite Physical Therapy can design a stretching program just for you.

When is the Best Time to Stretch?

When your muscles are warm and relaxed! For optimum performance you should stretch after you have done a general body warm up of about 5-10 minutes (this can include a combination of light running, cycling, or skipping for example.) You should also stretch after kickboxing. Kickboxers will need to do both dynamic and static stretching. Dynamic stretches form part of your pre-fight warm-up or training warm-up.

They are used to prepare your muscles for the rapid contractions experienced during kickboxing. Static stretches, on the other hand, are more useful to improve your overall flexibility and are most effectively done after your fight or training session, at the end of your cool down.

Rules for Dynamic Stretching:

Warm up your body first, then stretch while your muscles are still warm.

Move through your range of movement, keeping control of the movement with your muscles. Do not allow momentum to control the movement by "flinging" or "throwing" your body parts around.

You may feel light resistance in your muscles, but you should never feel pain during a stretch.

Start with slow, low intensity movements, and gradually progress to full-speed movements through range of motion. Complete these motions for several repetitions (10-15 times.)

Finish with simulated quick kickboxing movements such short punches and light kicking. Repeat for several repetitions (8-10 times.)

Rules for Static Stretching:

Stretch while your muscles are still warm from training or fighting.

Slowly take your muscles to the end of their range. You will feel slight resistance in the muscle, but you should never feel pain during a stretch.

Hold the stretch in a static position. Do not bounce.

Hold each stretch for 20-30 seconds. Repeat each stretch 3-4 times.

Essential Stretches for Kickboxing:

These muscles are your prime movers for kickboxing. You'll need to stretch these muscles each time you train or before a fight. Don't forget to stretch both sides. The stretching program shown below will take about 15-20 minutes to complete.

Dynamic Stretches:

Arm Swings



Leg Swings Forward and Back



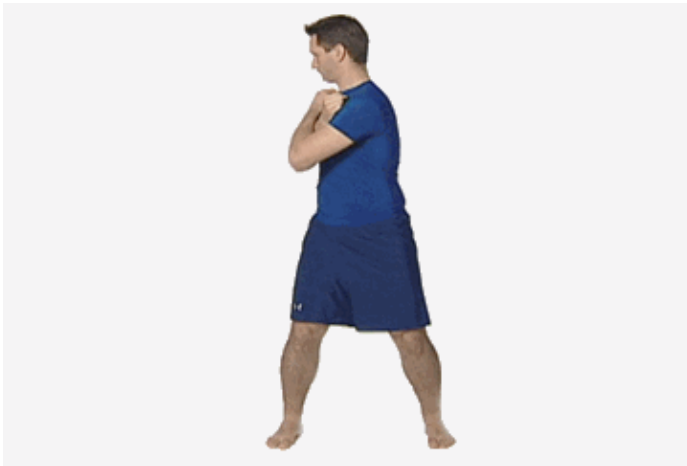
Leg Swings Sideways



Multidirectional lunges



Back Rotation Stretch



Leg Curls



Static Stretches

Neck Side Bend Stretch



Lower Back Flexion Stretch



Hamstring stretch



Quadriceps stretch



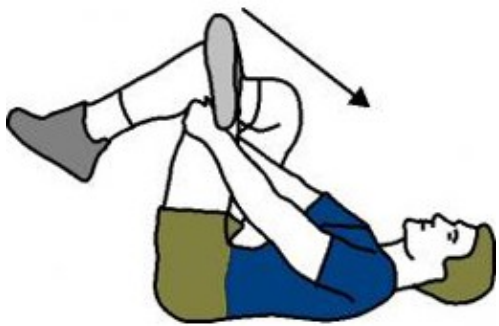
Hip Flexor Stretch



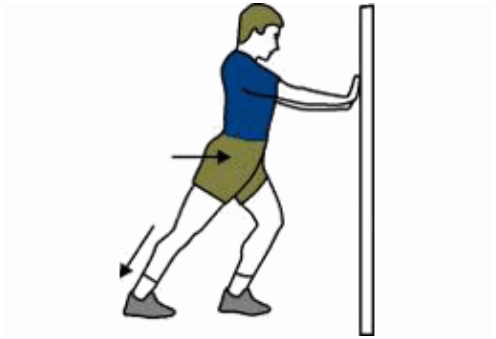
Groin Stretch



Gluteal Stretch



Calf Stretch-Gastrocnemius



Soleus Stretch



Posterior Shoulder Stretch



Forearm & Biceps Stretch



Wrist Extensor Stretch

