

Common Stretching Mistakes

(excerpted from stretchcoach.com)

Stretching properly will give you the best benefits and will help you to avoid injury. Here are some common mistakes people do while stretching:

- **Bouncing.**
- **Not holding the stretch long enough.**
- **Stretching too hard/too fast.**
- **Stretching without warming up first.**
- **Not knowing the goal of the stretch.**
- **Not honoring your comfort zone.**
- **Compromising posture and position.**
- **Not using the right stretches for your body, your goals, and your current needs.**
- **Not stretching often enough.**
- **Not utilizing your breath.**
- **Not giving stretching the same focus as the rest of your workout.**