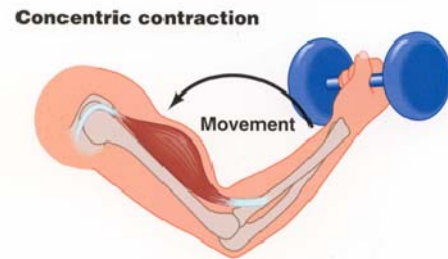


# RESISTANCE STRETCHING

## General Concepts

I like to introduce you to a new way to stretch called “Resistance Stretching” (RS). The concepts and applications of this type of stretching are new and different from other types of stretching that you may be familiar with.

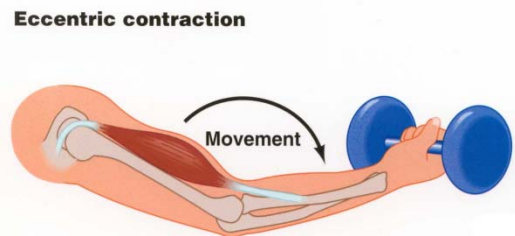
Most stretch and flexibility techniques hold the muscle in an elongated and relaxed position for an extended length of time. In RS the muscle is fully contracted first and then elongated to its maximum position under tension. As an example, consider trying to strengthen the bicep muscle. First, you start with the bicep in an elongated position, place a weight in your hand, contract the muscle and then shorten and lift against the weight. This movement of the muscle is called “Concentric Contraction” which is intended to strengthen the muscle.



Master Hartoonian

Eccentric contraction is basically the opposite of concentric muscle movement. In this type of contraction the muscle is elongated under tension. This is Essentially Resistance stretching. When you move a target muscle from a fully contracted position, under resistance, to a new longer, fully extended position.

Resistance stretching builds both strength and flexibility. Strength is build during the contraction phase of the movement and then flexibility is developed during the eccentric phase of the muscle movement.



Class Time: Tuesdays & Thursdays 7:00 TO 8:00 pm

Call 502-254-7093

[hartoonian@lptkd.com](mailto:hartoonian@lptkd.com)

[www.lptkd.com](http://www.lptkd.com)

**PANTHERS**  
Martial Arts and Conditioning  
12213 Old Lagrange Road  
Louisville, KY 40223

**STRETCH STRONGER**