SCIENCE OF STRETCHING™
Targeted Flexibility Training

Science Of Stretching™ is a mat-based, targeted mobility training method that helps students with stiff backs, locked up hips, and tight hamstrings. These classes are hugely popular all around the world because they deliver flexibility results quickly. Below you will find the three pillars of Science Of Stretching™.

Wet Noodle. Muscles stretch best when completely relaxed. So when you train for flexibility, you attempt to relax into the stretch as much as possible.

4:8 Breathing. Inhale through your nose to the count of four, exhale to the count of eight. This breathing practice turns off the stretch reflex, stimulates the parasympathetic nervous system response, and relieves muscle tension.

Meet or Beat Your Hold Time. The gating factor for flexibility is time under passive tension (AKA how long you spend in these deep poses). The typical Science Of Stretching™ hold times are 2-5 minutes.