Article published on March 7th 2012 | Fitness

Tacfit Commando is a bodyweight workout system that is used by the Navy SEALS, Special Ops and other highly trained military personnel. The bodyweight exercises used within the Tacfit Commando workouts are specifically designed to build lean, muscle mass that is ready for action in the field.

Before taking part in a workout system such as Tacfit Commando, it is important that individuals take the proper time to warm-up their muscles. This will help prevent injury and maximise the effectiveness of each workout.

Here is a list of 4 recommended stretching exercises to do before the routine:

Abdominal Stretch. Abdominal stretches are excellent warm up exercises to reduce the risk of injury To carry out this exercise, lie down on your front with you legs full extended behind you. Lift the upper part of your body upwards with your palms facing flat on the floor. This looks like a yoga stretch and you should hold it for a few seconds before returning to the starting position and repeating.

Shoulder stretch. The classic shoulder stretch exercises looks a bit like a ballerina pose. You basically stand upright and outstretch both your arms to the ceiling, interlink your fingers of both hands, and turn your palms over so that they are both facing up towards the ceiling. Push your palms to the ceiling and really feel the stretch in your shoulders.

Calves stretches. The calves are a neglected body part, but they should be worked out just like other muscles. To stretch the calf muscles before your calf workout, get on your hands and knees as though your are an Olympic sprinter about to start a race. Take one of your back legs and place your foot behind the remaining supporting leg. Then use your bodyweight to push down slightly on this calf and hold the stretch for approximately 10 seconds. Rest and then repeat on the other side.

Tricep Stretch. It is important to stretch the triceps before starting your workout since they play a big part in exercises for the chest and shoulders and other body parts. Stand upright and stretch out one of your elbows above your head so that it is pointing towards the ceiling. Then hold this elbow in place with your other hand and pull it back slightly so that you feel the stretch. Hold for around 8 seconds and then repeat with the other arm. You will find this will make your triceps more ready for action and as a result will find exercises for other body parts easier to do.

Resource box:

For more stretching exercises, and more information on the Tacfit Commando bodyweight workout, visit MuscleWithoutWeights.com

Article Source:
http://www.articleside.com/fitness-articles/four-tacfit-commando-style-stretching-exercises-to-reduce-risk-of-injury.htm - Article Side

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Article Keywords:
tacfit commando,health,fitness,sport,exercise,workout

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