

Hamstring Stretch

- Sit on the ground with both legs straight out in front of you.
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg.
- Allow the left leg to lie relaxed on the ground.
- Bend forward keeping the back straight.
- You will feel the stretch in the hamstring of the right leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.



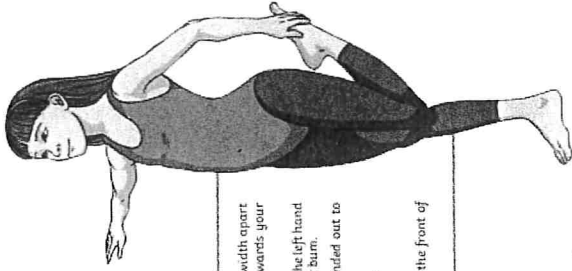
Calf Stretch

- Stand tall with one leg in front of the other.
- Ease your back leg further away, keeping it straight and press the heel firmly into the floor.
- Keep your hips facing forwards and the rear leg and spine in a straight line.
- You will feel the stretch in the calf of the rear leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.



Quadriceps Stretch

- Stand with your feet shoulder width apart and bring your left foot up towards your bum.
- Take hold of the left ankle with the left hand and ease the foot closer to your bum.
- Your right arm should be extended out to the side for balance.
- Repeat the stretch for 10 seconds.
- You will feel the stretch along the front of the thigh.

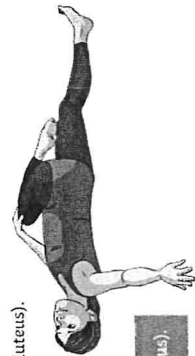


Stretches

Gluteus Stretches

Gluteal Stretch

- Lie on your back on the floor.
- Bend one leg up at the knee, keeping your foot on the floor.
- Twist your body in the opposite direction to your bent knee, keeping your other leg in the same position flat on the floor – do not let it twist, too.
- Bring your bent knee across your body, keeping it bent at a 90° angle.
- Push down on your knee with your hand.
- You should feel the stretch in your bottom (gluteus).
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.



You should feel the stretch in your bottom (gluteus).

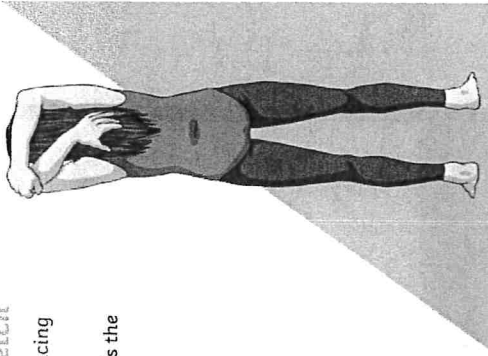
Stretches

Arm Stretches

The Tricep Stretch

- Raise one arm behind your head with your palm facing your body.
- Bend the elbow so your fingers reach down towards the middle of your upper back.
- Take hold of the bent elbow with your other hand and gently pull it back until you feel the stretch in your tricep.
- Hold the stretch for six to ten seconds.
- Swap arms and repeat.

You should feel the stretch in your tricep.



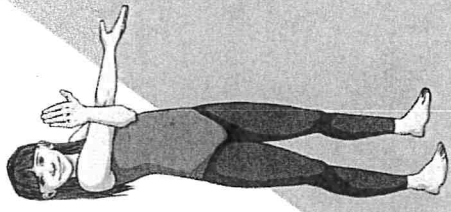
Stretches

Arm Stretches

Shoulder Stretch 1

- Reach forwards with one arm straight out in front of you.
- Put the wrist of the other arm on the back of the outstretched arm, just above the elbow.
- Gently press the outstretched arm towards your body, while keeping it straight.
- You should feel the stretch in your shoulder.
- Hold the stretch for six to ten seconds.
- Swap arms and repeat.

You should feel the stretch in your shoulder and tricep.



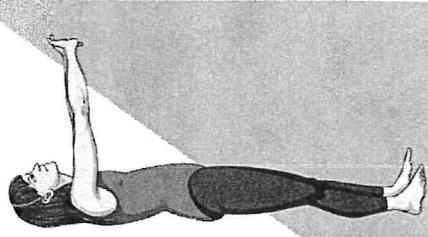
Stretches

Back Stretches

Upper Back Stretch

- Stand with your feet shoulder-width apart.
- Stretch out your arms in front of you and interlock your fingers, making sure your palms are facing outwards.
- Push your hands as far away from your chest as possible.
- Allow your upper back to relax.
- You should feel the stretch between your shoulder blades.
- Hold the stretch for six to ten seconds.
- Rest for ten seconds and then repeat.

You should feel the stretch between your shoulder blades.



Stretches

Chest Stretches

Chest Stretch

- Stand tall with your feet shoulder-width apart.
- Bring both of your arms behind your back and place them at the bottom of your spine with your palms flat on your back.
- Push in towards your back with both hands and raise your chest up.
- Keep your chin up.
- You should feel the stretch across your chest.
- Hold the stretch for six to ten seconds.
- Rest for ten seconds and then repeat.

You should feel the stretch across your chest.

