


Leg and Core Stretching


(Do not stretch from cold, warm up for 5 minutes)



Active Calf Stretch

Stand up right, place one foot in front of the other, Bend at the knee, keeping the behind leg straight. As you move forward feel the stretch in your rear calf. Repeat with other leg.


Sets	Reps
1	5



Seated Hamstring Stretch

Sit down, straight back, extend both legs in front of you. Bend one leg at the knee. Hold extended leg as a guide. Bend at the hips, keep back straight. Feel the stretch in the back of your leg. Repeat with other leg.


Sets	Reps
1	5



Seated Hip Stretch

Sit down and place one leg over the other, bent at the knee. Place your left arm over the crossed leg. Twist slightly at the waist and turn your head slowly. Feel the stretch in your hips. Do not overstretch. Repeat

Sets	Reps
1	5




Seated Spinal Rotation

Sitting up straight, shoulders relaxed. Cross your hand in front of you. Turn at the waist and breath out. Hold for 5 seconds and return to the middle. Move to the other side. Repeat 5 times

Sets	Reps
1	5


Back and Chest Stretching



Standing Upper Back Stretch

Stand upright, with a straight back and soft knees (don't lock them) Place your hands on your shoulders, move your arms towards the middle chest. Feel the stretch in your back. Repeat


Sets	Reps
1	5



Standing Chest Stretch

Stand up right, with a straight back, soft knees. Cup your hands behind your back. Extend your arms backward, feel the stretch in the chest. Hold for 5 seconds Relax and Repeat 5 times


Sets	Reps
1	5



Standing Tricep Stretch

Stand up right, with soft knees. Place your right arm by your side and start to bend at the elbow up your back, feel the stretch in your arms. Hold for 5 seconds and repeat with other arm

Sets	Reps
1	5



Standing Cervical Lateral Flexion

Stand up right , left arm with hand palm down on the wall, with a slight bent elbow. Twist from the waist away from the wall, extending arm, at the same time bend the neck towards your shoulder. Repeat other arm

Sets	Reps
1	5

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