


# Hamstring, Quadriceps and Calves Stretch Guide for Equestrians



Hey! I'm Doug. the founder of  
Eventer Supplements.

We have found that there is a  
huge knowledge gap on self-  
care within the  
riding community.

Everyone cares for their horse.  
but tend to neglect themselves.  
So. in order to help you make a  
positive change and improve  
your recovery and performance.  
we have created this guide to  
help you stretch your  
hamstrings. quadriceps and calf  
muscles.

# HAMSTRINGS, QUADS AND CALVES

Strengthening and stretching these muscles can prevent them from becoming too tight and provide extra support for the back and pelvis. Keeping them loose will lower the chance of straining or tearing the muscle fibres during strenuous physical activities.

## STANDING HAMSTRING STRETCH



- Extend one leg out
- Keeping the spine straight, bend at the hip to bring the chest toward the thigh
- The other leg that is not being stretched will bend slightly at the knee while you lean back into it slightly



# HURDLER HAMSTRING STRETCH



- Sit on the floor with one leg out straight
- Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh
- Extend your arm and reach forward over the one straight leg by bending at the waist as far as possible
- Hold this position for 15 seconds
- Repeat with the other leg



# LAI D DOWN HAMSTRING STRETCH



- Lie on the floor on your back
- Hold resistance band or hands around your straight leg up. Try to keep your knee straight
- The non working should remain flat on the ground
- Hold for 20 seconds before changing legs



# STANDING QUAD STRETCH

- Stand on one leg
- Grab your foot or shin with the bent leg behind you
- Tuck your pelvis in. pull your shin toward your glutes. making sure your knee is pointing to the ground
- Try not to pull the knee backward or sideways

# LAI D DOWN QUAD STRETCH



- The lying quad stretch is great for people who suffer from knee pain, as well as those who prefer reclining to standing up
- Lie in a face-down position, propping your head on your left hand
- Alternatively, you can lie on your side to perform this stretch
- Pull one foot toward your butt
- Hold onto your ankle or foot and maintain in the position for 30 seconds before returning to the starting position
- Then switch sides





# LUNGING CALF STRETCH

- Press your back heel down so it's flat on the ground. The further apart your feet are, the deeper the stretch will be
- Once you've held this stretch, change the angle of your foot positioning, as you'll probably find that different parts of your calf feel tighter than others
- Repeat on the other side



# WALL LUNGING CALF STRETCH

- Similar to the lunging calf stretch. but with this one you place your hands on the wall for support and step one foot back into a mini lunge. bending your front leg and keeping your back leg straight
- Lean into the wall and press your back heel down so it's flat on the ground
- The further apart your feet are. the deeper the stretch will be

# DOWNWARD DOG



- Start in a high plank with your hands directly under your shoulders. Pressing through your fingers and palms, shift your weight back to bring your butt to the ceiling, so your body's in an inverted V shape
- Press your heels toward the ground-the closer they get to the floor, the deeper the calf stretch will be
- To stretch the lower part of your calves, bend your knees slightly while you continue to press your heels toward the ground





All exercise is at your own risk.

Make sure that you only push yourself to whatever you feel is suitable and achievable for you.

This guide is designed for a healthy adult with no existing medical conditions or injuries.

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