STRETCH #1
NECK ROTATION

- Start facing straight forward and with your arms at your side
- Keep arms relaxed and shoulders width apart
- Turn your neck so that your chin moves towards your shoulder
- Hold for between 10-15 seconds
- Slowly lift head up and down
- Hold for 10-15 seconds

KEY POINTS
- Keep shoulders down/depressed
STRETCH #2
POSTERIOR (OUTSIDE) SHOULDER STRETCH

➢ STAND UPRIGHT AND PULL ONE ARM ACROSS YOUR BODY (KEEP SHOULDERS DOWN/DEPRESSED)
➢ USING THE OPPOSITE ARM, HOLD THE ELBOW OF THE ARM BEING STRETCHED TOWARDS THE OPPOSITE SHOULDER
➢ HOLD FOR BETWEEN 10-30 SECONDS

KEY POINTS
• KEEP ELBOW LOCKED

VARIATIONS
• USE A WALL, POLE OR PILLAR (STRETCH MUST BE CONDUCTED WITH POLE OR PILLAR AT HEIGHT LEVEL)
STRETCH #3
ANTERIOR (INSIDE) SHOULDER STRETCH

- Stand upright with the back straight
- Clasp your hands behind your back
- Keep shoulders down
- Slowly lift your hands away from your back and up towards the ceiling
- Hold for between 10-30 seconds

KEY POINT(S)
- Keep head and spine in alignment, gaze should go where your head goes.

VARIATIONS
- Place the palms of your hands on your lower back
- Keep shoulders down
- Slowly try to bring your elbows together behind your back

KEY POINT(S)
- Keep head and chest up
STRETCH #4
STANDING GROIN STRETCH

➢ STAND WITH YOUR FEET COMFORTABLY WIDE APART AND KNEES STRAIGHT
➢ KEEPING BOTH FEET FLAT, BEND THE RIGHT KNEE AND LEAN TO THE RIGHT
➢ HOLD FOR BETWEEN 10-30 SECONDS
➢ REPEAT THE STRETCH ON OTHER SIDE

KEY POINTS
• MAKE SURE KNEE, ANKLE AND FOOT ARE IN LINE
• IF LEANING TOO FAR FORWARD, PUSH YOUR BUTT BACK
• KEEP FEET FLAT AND BUTT BACK
STRETCH #5
HIP FLEXOR STRETCH

- KNEEL WITH ONE KNEE ON THE FLOOR AND THE OTHER FOOT IN FRONT WITH THE KNEE BENT
- PUSH YOUR HIPS FORWARD WHILE KEEPING THE BACK UPRIGHT
- HOLD FOR BETWEEN 10-30 SECONDS & REPEAT THE STRETCH ON THE OTHER SIDE

KEY POINT(S)
- KEEP BACK STRAIGHT

VARIATIONS
- TAKE A COMFORTABLE BIG STEP FORWARD AND BEND AT THE KNEE
- KEEP BACK FOOT STRAIGHT AND PUSH YOUR HIPS FORWARD WHILE KEEPING THE BACK UPRIGHT
- HOLD FOR BETWEEN 10-30 SECONDS & REPEAT THE STRETCH ON THE OTHER SIDE

KEY POINT(S)
- KEEP THE BACK FOOT STRAIGHT
- KEEP HEAD AND CHEST UP
STRETCH #6
STANDING QUADRICEPS STRETCH

- Stand on one leg and pull the other foot up behind your bottom
- Try to keep your knees together and push your hips forward to increase the stretch
- Hold for 10-30 seconds
- Repeat on the other side

KEY POINT(S)
- Keep head and chest up
- Stand upright

VARIATIONS
- Hand out for balance
- Sitting down
STRETCH #7
HAMSTRING STRETCH

➤ Take a big step to one side
➤ Slowly bend over towards your right ankle
➤ Hold for 10-30 seconds
➤ Switch over to the left and pull your weight towards your left ankle
➤ Hold for 10-30 seconds
➤ Slowly come back up

KEY POINT(S)
• Keep your knees locked and just go down as far as comfortable for you

VARIATIONS
• Lock your knees and bend down as far as you can without bending the knees

KEY POINT(S)
• Keep back flat & head down, gaze should follow where the head goes
STRETCH #8
CALF STRETCH

➢ Stand with one leg far in front of the other
➢ Keep the back heel flat on the floor
➢ Bend the front leg and keep the back leg straight
➢ Hold for between 10-30 seconds
➢ Repeat on other side

KEY POINT(S)
• Keep back leg straight

VARIATIONS
• Perform the same stretch in front of a wall
• Place your hand on the wall, lean forwards and push against the wall
STRETCH #9
8 COUNT BREATHING

- Stand straight with your arms at your sides
- Take a slow 4 count inhale lifting your arms above your head
- Reach as high as comfortable
- Take a slow 4 count exhale bringing your arms back to your sides
- Repeat 3 times