

Do each of these stretches after your workouts as part of your cooldown.
Each stretch is done 3 times and held for 30 seconds.

1. Hamstrings stretch 02619



3x 30 sec

2. Gluteal stretch 02638



3x 30 sec

3. Yoga 02511



3x 30 sec

4. Anterior shoulder chest stretch 02832



3x 30 sec

5. Yoga 02528



3x 30 sec

6. Triceps stretch 01231



3x 30 sec

7. Back extension lat dorsi stretch 02664



3x 30 sec

8. Calf stretch 02599



3x 30 sec

9. Hip flexor stretch 02633



3x 30 sec

10. Groin stretch 02615



3x 30 sec

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Anterior shoulder chest stretch 02832



3x 30 sec

Tips: Slide the arm away from the body with the palm facing down & the arm remaining straight. The other hand & the legs should support the bodyweight. The arm being stretched should remain relaxed.

Cautions: If you have a history of shoulder injury or other should pathologies, seek medical advice prior to completing this stretch. The arm being stretched should remain relaxed.

Back extension lat dorsi stretch 02664



3x 30 sec

Tips: Begin in a kneeling position with the hands on the floor away from the shoulders & approximately shoulder width apart. Keep the hands on the floor, lean the shoulders away from the hands & press the chest towards the floor to extend the spine.

Cautions: Do not force the stretch. Discontinue the stretch if pain or discomfort is experienced in the spine or shoulder.

Calf stretch 02599



3x 30 sec

Tips: Start with the hands approximately shoulder width apart on the floor. The hips & shoulders should be square with the feet evenly apart. Push up onto the ball of the foot so the back leg is straight with the other leg flexed. Ensure that the hips & shoulders remain square & that the rear foot remains on the ground.

Cautions: Discontinue the stretch if pain or discomfort is experienced at the back of the thigh or the lower back. Relax the neck & shoulders while moving into position.

Gluteal stretch 02638



3x 30 sec

Tips: Keep the head, shoulders & spine on the floor during the stretch. Try to keep the top leg stationary & both legs relaxed while pulling the leg through.

Cautions: Discontinue the stretch if pain or discomfort is experienced at the front of the hip joints or in the spine.

Groin stretch 02615



3x 30 sec

Tips: Start with the spine in a tall position with the feet together. Press the knees towards the floor with the elbows & lean forward at the hips to increase the stretch. Apply even pressure to both knees.

Cautions: Do not force the stretch, especially towards the end of the movement. Do not flex the spine while leaning forward at the hips.

Hamstrings stretch 02619



3x 30 sec

Tips: Sit with the legs straight & as wide as comfortable. Keep the buttocks on the ground while lowering the torso towards the leg. Pull the torso further towards the leg to increase the stretch. Consider using a towel or strap if you cannot reach the foot with the hands.

Cautions: Do not force the stretch, especially towards the end of the movement.

Hip flexor stretch 02633



3x 30 sec

Tips: Start with the hips & shoulders facing forwards & lean forward at the hips. Do not allow the pelvis to tilt anteriorly or allow the lower back to extend.

Cautions: Ensure that you are balanced while leaning forward at the hips.

Triceps stretch 01231



3x 30 sec

Tips: Contract the shoulder & elbow flexors as far as comfortable then use the other arm to increase the range of motion. The duration of the stretch should be short & repeat the process.

Cautions: If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this stretch.

Yoga 02511



3x 30 sec

Tips: Lean straight back, sliding the hands down the back of the thighs & then place the hands on the heels. Lift the chest up & extend the hips & spine while trying to keep the thighs perpendicular to the ground. Extend the neck at the end of hip & spine extension. If you are unable to reach the heels, position blocks vertically on either side of the feet to rest the hands.

Cautions: This pose is an advanced extension exercise so move into the extended position carefully. If you have a history of spinal or shoulder injury, seek professional advice prior to commencing this pose.

Yoga 02528



3x 30 sec

Tips: From the seated position, extend the hips to raise the torso until it is parallel to the ground. The hands should be positioned under the shoulders & the feet under the knees. The position of the hands may vary depending on the flexibility of the shoulder joints.

Cautions: If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this exercise. Do not allow the elbows to hyper extend as the hips rise off the floor.