

Stretches

Warm up 6-10 hold
Light 8-10 seconds
Cool Down 12-15 seconds

Calf stretch

1. Stand near a wall with one foot in front of the other, front knee slightly bent.
2. Keep your knee straight, your heel on the ground and lean toward the wall.
3. Feel the stretch along the calf of your back leg
4. Hold for 8-10 seconds

Hamstring stretch

1. Standing with your right leg just in front of the other and your hands on your hips.
2. Keep your right leg straight and toes pointing up, bend your left leg.
3. Bend towards your right leg, keeping your back leg straight.
4. Repeat with the other leg.

Hip Flexor stretch

1. Stand with your feet hip-width apart, using a chair or wall for balance.
2. Bend your right knee and lift your foot behind you, grabbing the top of it with your right hand.
3. Keeping the pelvis tucked and the right knee pointed towards the floor, use your arm to pull the heel towards the glutes until you feel tension in the quad,
4. Release your leg and repeat on the other side,

Side stretch

1. Step into a lunge position
2. Keep your toes pointed forward and your upper torso straight, Your back leg should be straight back behind you.
3. Press down with your hands and extend the hips forward until you feel a stretch from the front of your hip and the top of your thigh.

Quad stretch

1. Stand up with your feet set slightly wider than your shoulders.
2. Raise your left arm up and sideways over your head.
3. Reach down with your right arm and bend your upper body down to the right-hand side. Avoid leaning forward or backwards when doing this.
4. Repeat on the other side.

