



1 GLUTE/PIRIFORMIS

- START LYING ON BACK AS CLOSE TO WALL AS POSSIBLE
- PLACE FOOT ONTO WALL OR BENCH
- RAISE HIPS AND PLACE OPPOSITE FOOT OVER KNEE
- SLOWLY BREATH OUT & LOWER HIPS TO FLOOR TO FEEL THE STRETCH
- MOVE HIPS CLOSER TO WALL AND PLACE FOOT HIGHER TO FEEL MORE STRETCH



SETS/REPS:
2 X 15s HOLD

2 GLUTE/PIRIFORMIS

- START LYING FACE DOWN
- BRING KNEE TO CHEST & SLIDE FOOT UNDERNEATH BODY
- USE HAND TO BRING FOOT HIGHER
- SLOWLY BREATH OUT & LOWER TORSO OVER THE LEG TO FEEL STRETCH
- TRY TO KEEP HIPS NEUTRAL & FORCE HIPS TO THE FLOOR DURING HOLD
- SLIDE FOOT FURTHER TO FEEL MORE STRETCH



SETS/REPS:
2 X 15s HOLD

3 HAMSTRINGS

- START BY LYING ON BACK
- WRAP BAND AROUND ARCH OF FOOT
- PULL TENSION ON BAND
- KEEP OTHER LEG LYING FLAT & STRAIGHT
- TRY TO STRAIGHTEN LEG BY CONTRACTING QUADRICEPS AS HARD AS POSSIBLE
- KEEP THIGH VERTICAL & POINTING UPWARD
- PULL BAND HARDER TO FEEL MORE STRETCH



SETS/REPS:
2 X 15s HOLD

4 HAMSTRINGS

- START IN LUNGE POSITION
- STRAIGHTEN FRONT LEG WITH FOOT POINTING UPWARDS
- SET SHOULDERS & MAINTAIN A STRAIGHT POSTURE THROUGHOUT
- HINGE OVER & REACH FOR TOES WHILE KEEPING FRONT LEG AS STRAIGHT AS POSSIBLE
- MAINTAIN GOOD POSTURE & BEND AT HIPS (HINGE) TO FEEL A BETTER STRETCH



SETS/REPS:
2 X 15s HOLD

5 QUADRICEPS/HIP FLEXORS

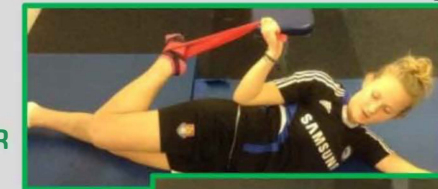
- START IN LUNGE POSITION WITH KNEE PLACED ON FLOOR
- WRAP BAND AROUND ARCH OF FOOT
- PULL BAND OVER THE SHOULDER TO CREATE TENSION IN BAND
- SQUEEZE/TENSE GLUTES TO PUSH HIPS FORWARD & FEEL STRETCH
- INCREASE TENION & TENSE GLUTES HARDER TO FEEL MORE STRETCH



SETS/REPS:
2 X 15s HOLD

6 QUADRICEPS/HIP FLEXORS

- START LYING ON SIDE
- WRAP BAND AROUND ARCH OF FOOT OF THE LEG LYING ON TOP
- PULL BAND OVER THE SHOULDER TO CREATE TENSION IN BAND
- SQUEEZE/TENSE GLUTES TO PUSH HIPS FORWARD & FEEL STRETCH
- INCREASE TENION & TENSE GLUTES HARDER TO FEEL MORE STRETCH



SETS/REPS:
2 X 15s HOLD



7 GROIN

- START KNEELING FACE DOWN WHILE RESTING ON FOREARMS
- OPEN UP HIPS BY SEPERATING THE KNEES & MOVING TO SIDE
- TRY TO MAINTAIN A NEUTRAL POSTURE
- PUSH BUM BACKWARDS TOWARDS YOUR FEET TO FEEL THE GROIN STRETCH
- INCREASE STRETCH BY MOVING KNEES OUT FURTHER AND PUSHING BUM BACK HARDER



SETS/REPS:
2 X 15s HOLD

8 GROIN

- START SITTING DOWN ON FLOOR
- PLACE FEET TOGETHER AND LET KNEES FALL OUTWARDS
- HOLD FEET & PULL HEELS TOWARDS GROIN AS CLOSE AS POSSIBLE
- USE ELBOWS TO FORCE KNEES DOWN & OUT TO FEEL STRETCH
- PULL FEET CLOSER TO GROIN AND TRY TO MAINTAIN GOOD POSTURE TO FEEL MORE STRETCH



SETS/REPS:
2 X 15s HOLD

9 GASTRONEMIUS/SOLEUS

- START KNEELING FACE DOWN IN PRESS UP POSITION
- PLACE ONE FOOT OVER THE HEEL OF THE OPPOSITE FOOT
- EXTEND THE LEG & SHIFT BODY WEIGHT OVER THE STRAIGHTEND LEG
- PUSH HEEL TO THE FLOOR TO FEEL STRETCH
- PLACE FOOT FURTHER BACK & PUT MORE WEIGHT THROUGH LEG TO INCREASE STRETCH



SETS/REPS:
2 X 15s HOLD

10 SLEEPER STRETCH

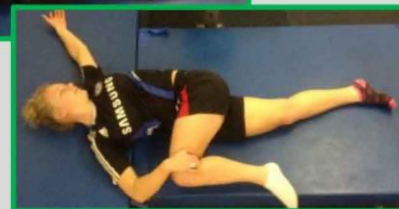
- START LYING ON SIDE WITH SHOULDER & ELBOW AT 90° DEGREES
- RELAX ARM & LET IT FALL INWARDS
- PLACE OTHER HAND OVER ARM
- FORCE ARM BACK INTO HAND FOR 10 SECONDS
- RELAX ARM & ARM SHOULD FALL SLIGHTLY LOWER
- REPEAT 2 - 3 TIMES EACH ARM



SETS/REPS:
2 X 15s HOLD

11 THORACIC STRETCH

- START BY LYING BACK ON FLOOR
- BRING ONE KNEE TO CHEST
- SLOWLY PULL KNEE ACROSS BODY, TRYING TO KEEP UPPER BACK IN CONTACT WITH FLOOR
- STRAIGHTEN OTHER ARM AND USE CLOSEST ARM TO ASSIST STRETCH
- FORCE KNEE OUTWARDS WHILE RESISTING WITH HAND TO FEEL MORE STRETCH



SETS/REPS:
2 X 15s HOLD

12 FOREARMS STRETCH

- THIS STRETCH CAN BE DONE SEATED OR STANDING
- HAVE BOTH ARMS OUT STRAIGHT
- EXTEND/FLEX AT ONE WRIST AND USE OTHER HAND TO ASSIST THE STRETCH
- PUSH/PULL HAND BACKWARDS WHEN WRIST IS FLEXED OR EXTENDED.
- FOREARM BEING STRETCHED SHOULD REMAIN STRAIGHT DURING THE STRETCH



SETS/REPS:
2 X 15s HOLD