



Stretching & Mobility

A. Side lunge (adductors)

>> 6 x 5 sec. stretch, alternating each side

Stand upright, with both feet facing forward, double shoulder-width apart. Place your hands on your hips or thighs, in order to keep your back straight. Slowly exhale, taking your bodyweight across to one side. Avoid leaning forward or taking the knee of the bent leg over your toes. As you increase the stretch, the foot of the bent leg should point slightly outward. To increase the stretch, relax upward, slowly sliding your feet out a few inches further to the side.

B. Forward lunge (hips, quads, glutes)

>> 6 x 5 sec. stretch, alternating each side

Position yourself with one leg forward and resting on the knee of the back leg. Be sure that the front ankle is directly under the knee and that the trailing leg is straight out behind you. You may use your hands on the ground to steady the body. Gently lower the hips downward & forwards and hold that position.

C. Sitting hip stretch (hips, back, glutes)

>> 4 x 5 sec. stretch + 3 sec. press + 5 sec. stretch, alternating each side

Sit on the floor with both legs extended in front of you. Cross your right leg over your left and place your right foot flat on the floor. Place your right hand on the floor behind your body. Place your left hand on your right quad or your left elbow on your right knee and press your right leg to the left as you twist your torso to the right. If the spinal rotation bothers your back, take it out and simply use your left hand to pull your right quad in and to the left. In phase two press upper leg against arm.

D. Hamstring sitting (hamstring)

>> 6 x 5 sec. stretch, alternating each side

Sit on the floor with the leg to be stretched extended, and the other leg bent with the foot towards your body. Reach out with your hands, lean your upper body forward, and bring your chest towards your thigh. Make sure you don't round the upper back, and your lower back should be slightly curved. Get to the point of a mild stretch and hold.

E. Quad stretch (quads)

>> 6 x 5 sec. stretch, alternating each side

Stand with your feet together. Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Squeeze your glutes to increase the stretch in the front of your legs.

F. Calf stretch (calves)

>> 6 x 5 sec. stretch, alternating each side

Stand with one leg in front of the other, with both feet pointed forward. Place hands on a wall or similar for support. Keep back knee straight, with the heel pressed to the floor. Push your hips forward, while pressing your back heel to ground.

G. Butterfly Stretch (hips, glutes, back, thighs)

4 x 5 sec. stretch, 3 sec. press, both legs together

Sit on the floor with your knees bent and feet together. Place your hands on your ankles and push down gently on your knees with your elbows to increase the stretch. In the second phase press both knees up against your elbows.

H. Latissimus Dorsi Stretch (latissimus, tensor)

6 x 5 sec. Stretch, alternating each side

Stand upright with your arms above your head. Reach up as high as possible and bent whole body to one side.