

Section 1 : Before and After Exercise

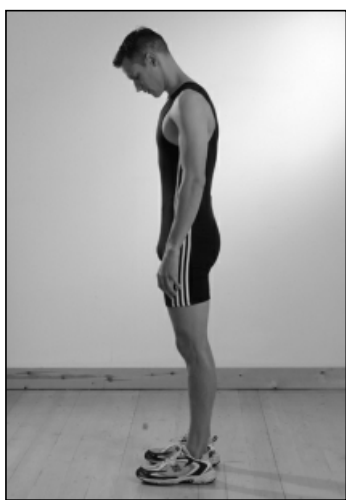
Stretching Exercises

Warm up/pre-exercise stretches should be held for eight to 15 seconds and should be done two to three times.

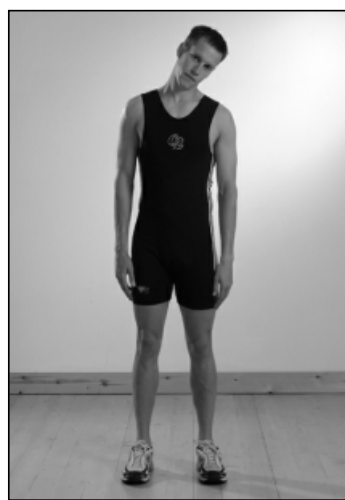
Cool down/post-exercise stretches should be held for 45 to 60 seconds and should be done two to three times.

In a flexibility session each stretch should be held for 45 to 60 seconds and should be repeated three to five times at least.

Where stretches can be done on both sides of the body only one side is shown. Ensure that you stretch both sides equally.



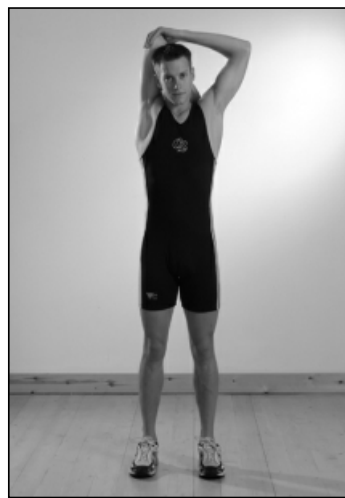
Neck extensors - flex the chin to the chest.



Scalenes - facing forwards, bring the ear towards the shoulder taking care not to lift the shoulder.

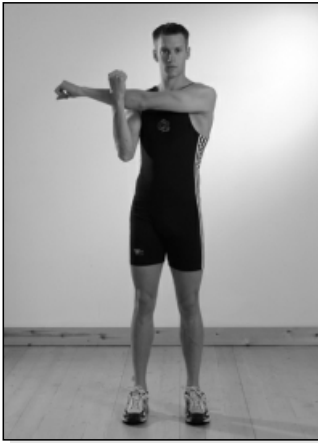


Upper Trapezius - turn the head to look over the shoulder, take care not to turn the body.

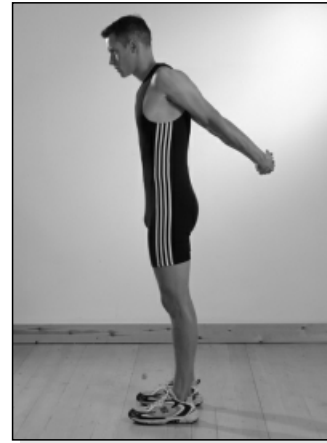


Triceps - place your right hand behind your neck. Use the left hand to apply pressure to the elbow, drawing the elbow behind the head. Ensure shoulders are relaxed.

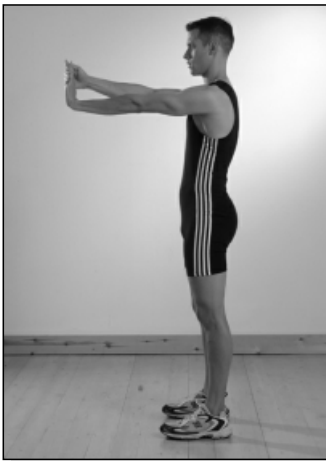
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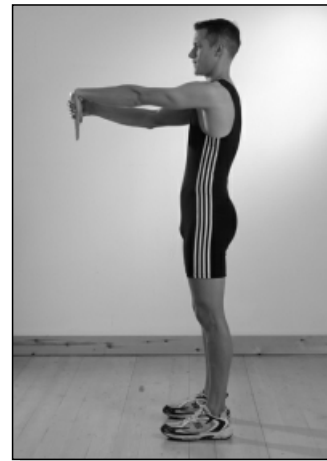
Deltoids - reach across the front of the body, using the other arm to draw the arm across. Ensure that the shoulders are kept low.



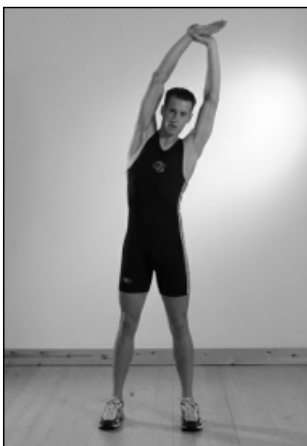
Pectorals/Biceps - stretch both arms behind you, keeping the elbows straight and the thumbs pointing upwards. Ensure that you do not bend forwards.



Wrist flexors - with the elbow straight, use the left hand to apply the stretch by drawing the palm away from the floor, keeping the fingers straight.



Wrist extensors - with the elbow straight, use the left hand to apply the stretch by bending the wrist, bringing the palm towards the floor, keeping the fingers straight.



Trunk stretch - standing with feet shoulder width apart, stretch right arm up towards the ceiling and over to the left, keeping the body in one plane.

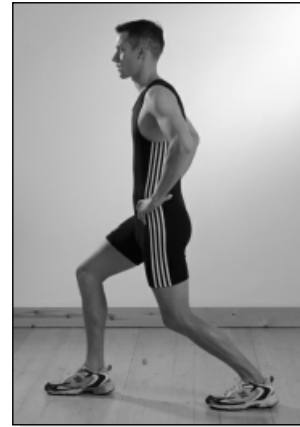


Rhomboids - standing with feet shoulder width apart, hold your left hand with your right hand out in front of you, keeping your arms horizontal. Reach forwards, keeping the body upright, until you feel a stretch between your shoulder blades.

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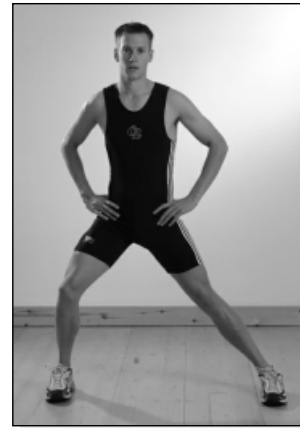
Gastrocnemius and Soleus - stand astride, stretch forward over the front leg, keeping the knee over the foot. Keep the back knee straight, keep both heels in contact with the floor.



Achilles - as for the Gastrocnemius and Soleus but bend the back leg bringing the knee towards the floor, keeping the heels on the floor.



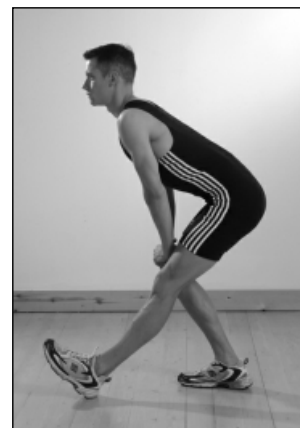
Hip flexors Psoas/Quadriceps - stand astride, stretch forwards, dropping the left knee towards the floor, allowing the heel to raise. Keep the body upright.



Abductors - stand astride, with feet parallel, keep the left leg straight, bend the right knee and stretch until the knee is over the right foot.



Quads - keeping your inner thighs and knees together push your left foot into your hand and push the hips forwards.



Hamstrings, Gastrocnemius (straight leg) and Soleus (bent leg) - stand astride with your front foot resting on your heel with your toes pointing upwards. Stretch forward over the front leg bending your back knee, keeping the heel in contact with the floor. Use your arms to support your weight on your bent knee. Keep your back flat and head up.

Before and After Exercise : Section 1



Hamstrings - sit on the floor, bend the left knee and slide heel towards the right inner thigh. Keep your back straight and flex from the hip, moving your torso towards the right thigh.



Hamstrings - lie flat on the floor, lift the left leg with the knee bent until the thigh is at a right angle to your body. Holding around the thigh, gently straighten the leg until you feel the stretch. The right leg should be bent with foot flat on the floor.



Hamstrings - keeping the back flat, reach over towards the right foot, feeling the stretch in the back of the right thigh.



Glutes/Piriformis - lie flat on your back with the right knee bent. Place the left heel on the right knee. Take hold around the right thigh and draw up towards your chest.



Rhomboids and Latissimus Dorsii - kneel on all fours, arms straight in front and spread slightly apart. Lower your chest to the floor, keeping the pelvis still.



Erector Spinae - lie on your back with knees bent; feet on the floor, grasp around your knees and pull your thighs towards your chest.

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Pectorals, Obliques & Hamstrings - lie on your back with your arms out to the sides. Bend the right knee and move it to the left. Gently straighten the right knee until you reach the point of tension. Keep the head, shoulders and arms flat on the floor.



Pectorals, Obliques & Glutes - as previous stretch but grasp the right knee with the left hand and gently let it rotate across the body and onto the floor. Keep the head, shoulders and arms flat on the floor.



Rectus Abdominus - lie face down, place your hands under your shoulders, fingers pointing forwards. Straighten your arms gently until you feel resistance. Stretch your shoulders and chin forward.



Piriformis, Buttock & Lateral Torso - sit upright, place your left foot flat on the floor and place the right elbow behind the left knee. The left hand should provide support behind the body. Twist your upper body towards the left hand.