

ALL LEVELS STRETCHING



QUAD STRETCH

- Stand tall. Bend your leg so you bring your heel towards your bottom. You may need to hold onto something to assist your balance.
- Keep your knees together and hold your foot close to you.
- 30 seconds on each side.



HAMSTRING STRETCH

- Stand facing the park bench or similar sturdy object.
- Place one heel onto the bench with toes pointing to the sky. Stand up nice and tall and bow forward from the hips.
- 30 seconds on each side.



CALF STRETCH

- Stand facing a tree or pole. Place your foot against it so that your heel is on the ground and toes are as high as they can be.
- Then step forward so that your body is close to the tree and straight.
- 30 seconds each side.



GLUTE STRETCH

- Take a seat on the park bench. Sit towards the edge of the seat with your feet hip width apart, ankles below knees.
- Without allowing your spine to move, place your ankle over your opposite knee, and open the top knee towards the ground. Keep weight on even so that your spine stays straight.
- 30 seconds on each side.

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CHEST STRETCH

- Stand side onto a tree or pole. Place your forearm, from elbow to palm, along the tree with your elbow the same height as your shoulder.
- Step the leg closest to the tree forward and push your body gently past where your arm is anchored. Keep your hips and shoulders facing the same direction.
- 30 seconds each side.



BACK STRETCH

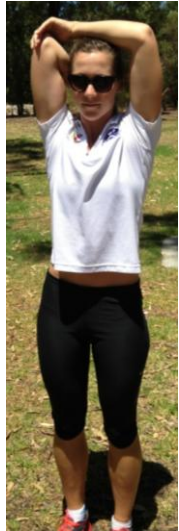
- Find a strong and sturdy pole. Place your feet hip width or a little wider.
- Hold on to the pole with both hands and lean your body weight back.
- Feel as if you are hanging from the pole.
- Hold for 30 seconds.



NECK STRETCH

- Stand nice and straight, eyes looking forward.
- Place one hand behind your back and tilt your head to the opposite side.
- Reach the other arm, over the top of your head and gently apply some stretch to the neck. Do not force this or strain.
- Hold for 30 seconds each side.

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TRICEP STRETCH

- Place one hand over head and bend at the elbow, reaching your fingers for the middle of your spine. With the other hand reach up and push the elbow back.
- Keep your head facing forward.
- 30 seconds each side.



SHOULDER STRETCH

- Place one arm out straight across your body. Cross your forearms and pull the arm in towards you.
- Keep your shoulders the same height and your spine straight.
- 30 seconds each side.



CHEST/SHOULDER STRETCH

- Clasp your hands behind you and pull your shoulders back. Endeavour to lift your chest high and stand straight.
- Bring your palms together if possible.
- Hold for 30 seconds.