

Flexibility Programme week 5

Long, slow deep breaths throughout all stretches

Hold stretches for 20 - 30 seconds

Hamstrings & Calf Stretch

Lie on your back with one leg extended up in the air (Knee straight) and opposite knee bent with foot flat on the floor. Place hands behind extended leg without putting pressure on the knee. Keep lower back down and have upper body relaxed. Hold for 20 seconds. Gently push heel towards roof to feel stretch in calf. Hold for another 20 seconds. Relax foot then slide opposite leg along floor to enhance stretch. Hold for another 20 seconds.
Adaption: Wrap towel around leg instead of hands so you can keep upper body relaxed.



Gluteal Stretch

Lie on your back with one knee bent and feet flat on the floor. Bend opposite knee and place on knee/thigh on bent leg. Place hands around back of thigh and lift foot off the floor to bring knee in towards chest. Hold for 20 seconds. To enhance stretch, curl upper body around so you are tucked up into a small ball shape. Hold for another 20 seconds.
Adaption: Wrap towel around leg instead of hands so you can keep upper body relaxed.

Hip Flexor/Quadricep Stretch

Lie on your front with forehead resting on one arm and legs extended. Use free hand to take a hold of foot or ankle and hold close to buttocks. Keep knees together and hips down into floor to enhance stretch (Don't worry if you can't take a hold of your ankle or foot, just keep upper body relaxed and hold foot as close to your buttocks as you can)
Adaption: Wrap towel around ankle to bring heel closer to buttocks without straining.



Childs pose (lower back stretch)

From kneeling position, sit back on heels with knees and feet at least hip distance apart so there is a space between your legs. Allow upper body to drop down with arms extended ahead or behind. Allow your body to relax down into the stretch. Hold for 20-30 seconds.
Adaptions: Perform stretch seated on chair with upper body resting on a chair in front of you and legs underneath. Or : Place pillow underneath your forehead to allow your body to relax if you can't get all the way down.



Chest Stretch

Roll shoulders back and place hands on the base of your back. Relax neck and shoulders as you encourage elbows to come together. Hold for 20-30 seconds. Stretch can be performed seated, kneeling or standing, as long as good posture is maintained. Repeat if desired.



Upper Back Stretch

Roll shoulders forward and clasp hands together, keep a soft bend in your elbows as you push your hands away and drop your head down. Hold for 20-30 seconds. Stretch can be performed seated, kneeling or standing, as long as good posture is maintained. Repeat if desired.



Lower Back Stretch

Sit tall with soles of your feet together and allow knees to fall gently out to the side until you feel stretch. Keep shoulders back and down with good posture. Hold for 20 seconds. Gently encourage heels closer into the midline of the body to enhance stretch. Hold for 20 seconds. For a further advancement, lean upper body forward slightly and use elbows to apply slight pressure into sides of knees. Hold for another 20 seconds.
Adaptions: Sit on cushions to prop yourself up slightly and allow hip flexors and lower back to relax.