



# FULL BODY FLEXIBILITY PROGRAMME

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All stretches are to be done slowly and in a controlled manner, holding for 20/30 seconds. Stretching is not always comfortable but the more you do it the more flexible you will become..... Hopefully minimising the risk of injury.

## **STANDING QUAD STRETCH:**

Standing upright, take the right foot in the right hand. Keeping knees together, gently pull your foot towards the glutes and push the hips forwards. Repeat both sides.



## **DEEP QUAD AND HIP FLEXOR STRETCH:**

From a kneeling lunge position, start by placing the hands on the hips and push the hips forward to feel a hip flexor stretch. If you are comfortable to intensify this stretch by adding the quads; pick up the back foot and pull towards the glutes, keeping the hips pushing forwards. Always aim to complete this stretch.



## **HAMSTRING/CALF STRETCH:**

Lie on your back, raise one leg and grasp behind the calf (keeping the knee as straight as possible). Pull towards your chest until you feel a stretch. Hold, inhale, and when exhaling, pull again to intensify the stretch. Whilst the hamstring is being stretched, dorsiflex the foot to add the calf muscles. If you find this exercise difficult, use a towel linked around your foot to help.





<p><b><u>GLUTE STRETCH:</u></b></p> <p>Lying on your back, cross the left foot over the right thigh, making sure the left knee is pointing out. Reach behind the right thigh and gently pull towards your chest. Repeat on the other side.</p>	
<p><b><u>LOWER BACK &amp; GLUTE MED/MIN STRETCH:</u></b></p> <p>Lie on the floor on your back. Cross the right foot over the left knee, keeping the right knee bent. Use your left hand to pull the right knee across your body.</p>	
<p><b><u>ADDUCTOR STRETCH:</u></b></p> <p>Sit in an upright position with the soles of your feet together. Use your elbows to push down on your knees whilst leaning slightly forwards from the hips.</p>	
<p><b><u>CHEST/ANTERIOR DELTIOD STRETCH:</u></b></p> <p>Interlock your fingers behind your back. Lift your hands as high as possible. If you want to intensify this stretch, laterally rotate your thumbs and get your partner to gently encourage the backs of your hands together.</p>	
<p><b><u>UPPER BACK STRETCH:</u></b></p> <p>Interlock your hands in front of you and push away at chest height. Keeping your shoulders down, arch your upper back and drop your chin towards your chest.</p>	
<p><b><u>LAT→TRICEP STRETCH:</u></b></p> <p>Standing tall, stretch both arms up over your head. Grab the right wrist with the left hand and gently pull over your head creating a small side bend, stretching the lats. To follow drop the right hand in between the shoulder blades and push the elbow backwards to stretch the triceps.</p>	



## Team BWS

### **UPPER TRAP/NECK STRETCH:**

Stand straight with your shoulders retracted. Drop your head to your right shoulder. Make sure your left shoulder stays down with fingers pointing to the floor; use the right arm to encourage the head to the right shoulder.



### **AB STRETCH:**

Lie on the floor face down, hands just outside the shoulders. Keeping your hips on the floor and looking up, use your hands to lift your chest & Abs off the floor.

