

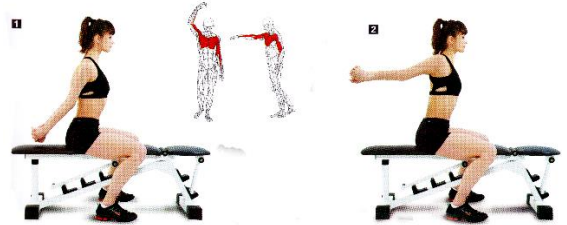
Stretches for Athletes

- The following stretches should be performed 2 or 3 times a week to achieve a full range of movement.
- DO NOT exercise or warm up before your stretching session.
- Repeat the set of stretches up to 3 times, holding the stretch for time indicated.
- Take 1 – 2 minutes rest between sets
- The whole session will take about 30 minutes for 3 sets.
- Breathe slowly and evenly during the stretches

1. Front of the shoulder and chest

- Sit on a bench (or chair), with your feet flat on the floor
- Clasp your hands behind your back with the palms together, body upright
- Slowly raise your arms as high as you can without forcing it
- Keep your back straight

Hold 20 - 30 seconds



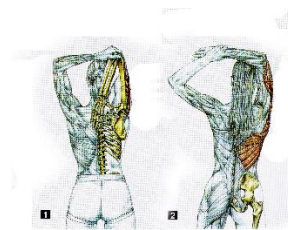
2. Tricept stretch

- Stand, or sit, with your feet flat and hip width apart – keep your head up and your back straight
- Reach over your shoulder with one arm so your palm is touching your spine
- Place your other hand on your bent elbow and gently pull your arm towards you head
- Repeat on the other side

For a more advanced stretch

- Bend the arm at a right angle over your head
- Grasp the wrist with your other hand and gently pull your arm towards your head

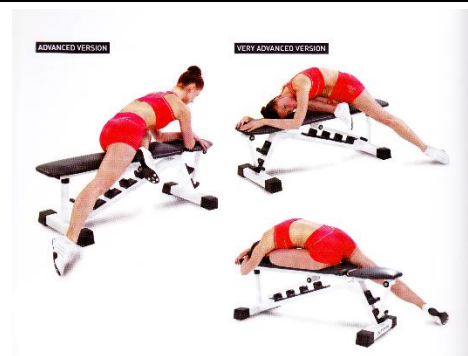
30 - 40 seconds per side



3. Hips, glutes and back

- Sit on the side of a bench (improvise with a couple of chairs), with your front leg bent in front of you
- Stretch the other leg out behind you
- Bend forward and put your hands and forearms flat on the bench
- Repeat on the other side

Hold 30 - 40 seconds per side


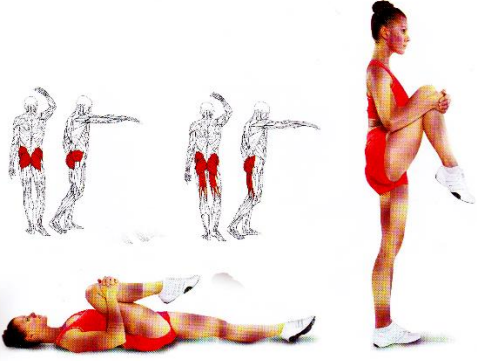
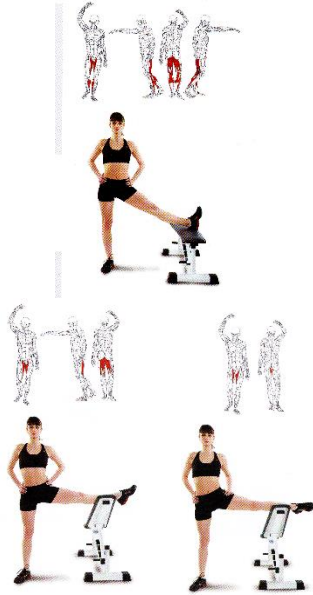
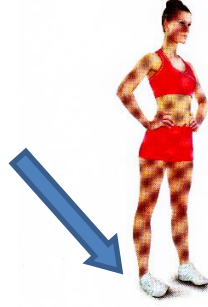


4. Quadriceps and abdominals

- Kneel down and sit on your heels
- Place your hands on the floor behind you with your fingers pointing backwards
- Contract your buttocks and lift them away from your heels
- Avoid arching your back
- For a more advanced stretch place your forearms on the floor behind you with the fingers pointing towards your feet.

Hold 30 - 40 seconds



<p>5. <u>Standing single leg hamstring stretch</u></p> <ul style="list-style-type: none"> • Stand with your hands on your hips, (or just above the knee for a more advanced stretch), with one leg forward and the foot flat on the floor • Lean your body forward to make a right angle with the forward leg • Keep your head in-line with your body during the exercise • Lift the toes of the forward foot keeping the heel on the floor • Repeat on the other side <p>Hold 30 - 40 seconds per side</p>	
<p>6. <u>Standing/Lying down glutes and psoas stretch</u></p> <ul style="list-style-type: none"> • lie on your back with one knee pulled up • hold just below the knee with both hands • keep your head in-line with your body and pull your knee as close as possible to your chest • repeat on the other side <p>For a more advanced perform the exercise whilst standing</p> <p>30 - 40 seconds per side</p>	
<p>7. <u>Adductors and hamstring stretch</u></p> <ul style="list-style-type: none"> • Stand up straight beside a bench (improvise with a chair) • Put your hands on your hips and place the heel of one foot on the bench keeping the leg straight and the toes pulled up towards the shin <p>For a more advance stretch</p> <ul style="list-style-type: none"> • increase the support height so that your legs are at a right angle. • Support the leg at the calf instead of the heel <p>30 - 40 seconds per side</p>	
<p>8. <u>Calves and ankles</u></p> <ul style="list-style-type: none"> • Stand with your hands on your hips and your feet close together • Slowly twist one foot to the side (roll the foot outwards) • Repeat on the other foot <p>For a more advanced stretch work both feet together</p> <p>15 seconds per side</p>	

9. Rotary muscles of the torso

- Lie on your back with your head turned to the left, shoulders pressed into the floor and your legs straight
- Put your left arm out at right angles to your body
- Bring your left leg over your right until it rests on the floor
- Hold your left leg with your right hand and gently pull on your leg
- Repeat on the other side

As you become more flexible you can hold the leg further down. The maximum stretch is achieved when you can hold your foot with your leg at right angles to the body.

30 - 40 seconds per side

