












Stretch name:	Picture:	Comments:
Calf stretch		Should feel a stretch through the back leg. Make sure that the heel of both feet remains on the ground. Bending the back leg until a light stretch is felt.
Quad stretch		Ensuring that the knee of the leg that is bent is in line with the knee of the straight leg. Should feel a light stretch through the quads.
Hamstring stretch		Keeping the upright leg as straight as possible. Lift up until a light stretch is felt. If the leg can't be lifted by yourself get another person to raise the leg or use a band around the heel to the hands to pull the leg up until a light stretch is felt in the back of the leg.
Glute stretch		Crossing one leg in front of the other. Making sure you are pushing the leg at the front away from you until a light stretch is felt.
Hip flexor stretch:		Making sure that the knee of the front leg does not go over the toes. Push the hips forward to feel the stretch. To increase stretch raise the arm of the leg that is out in front above the head and lean across to the opposite side.
Adductor stretch (butterfly stretch):		Bring the feet together as close to the body as possible and push the knees down until a stretch is felt.
Lower back stretch:		Lying on your back with your arms out in a cross position. Bend the knees at 90 degrees and rotate them from side to side from the hips.
Pec stretch:		Have the arm bent at the shoulder and the elbow at 90 degrees. With the forearm pressed up against a wall or door, push the chest forward of the wall until a light stretch is felt.

<p>Triceps stretch:</p>		<p>In a standing or seated position bend the arm behind the head and with the opposite arm push the elbow down until a light stretch is felt through the back of the arm.</p>
<p>Cobra/ pose of a child:</p>		<p>Lying on the ground face down. Use the arms to push the chest and torso up off the floor, should feel a stretch through the abdomen. Then rock back so that your bottom is on your feet and your arms are out stretched to stretch the upper back.</p>
<p>Full body stretch on back:</p>		<p>Lying on your back with your arms above your head try to stretch your body out as far as you can. Imagine someone is pulling you from your feet and your hands.</p>