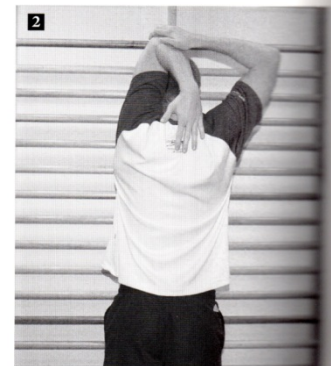
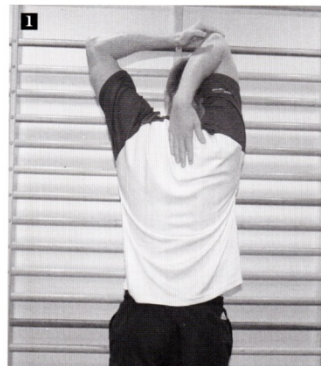




Post exercise stretching.

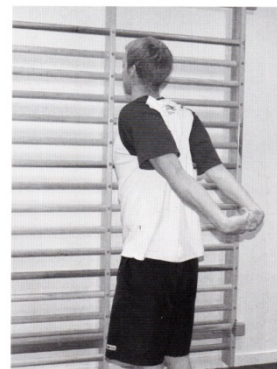
Triceps and top of Shoulder Stretch

Pull the elbows behind the head – hold for 10 seconds



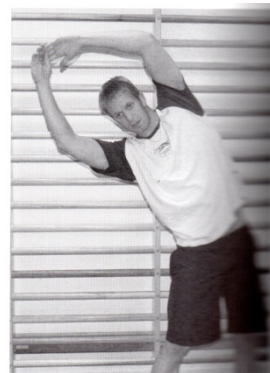
Chest and Shoulder stretch

Interlock fingers, turn elbows in while inhaling and extending the chest up and out as you lift your arms – hold for 15 seconds



The Big circles

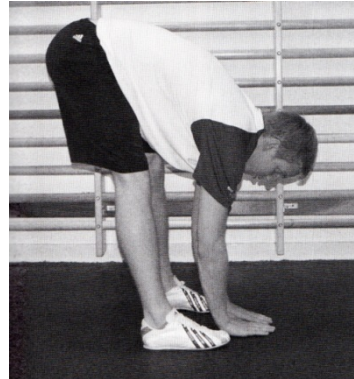
With your hands locked together over your head, bend at the waist and try to pull your hands to the floor, keeping your arms behind your head – hold for 10 seconds





Hamstring stretch

From a standing position with feet about shoulder width apart, bend forward from the waist letting your neck and arms relax. Go to the point where you feel a slight stretch and let your body weight do the stretching – do not bounce – hold for 30 seconds.

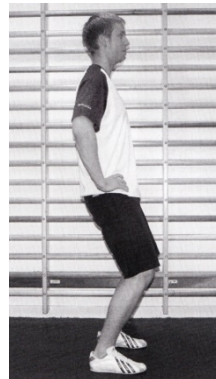


Bend the knee before standing up

Quarter squat stretch

The quarter squat is designed with the idea of tensing the quads as the hamstrings relax – hold for 20 seconds.

Repeat the hamstring stretch



Sitting hamstring stretch

Sit down with your legs 15-20cm apart, reach down to the ankles or the toes feeling the stretch behind the knees – hold for 20 seconds

