

One of the best ways to keep your body flexible and reduce the chance of injury is to stretch.

Here's some tips for you:

- Avoid stretching to the point of pain – take each stretch to the point of some tension, hold, then release. The more often you do them, the more flexible you will become.
- **BREATHE NORMALLY** while stretching– avoid holding your breath.
- **AVOID BOUNCING** when you stretch – take it slow and steady and relax into each movement.
- Pay special attention to **LARGER MUSCLE GROUPS** or those that you are about to work hard.

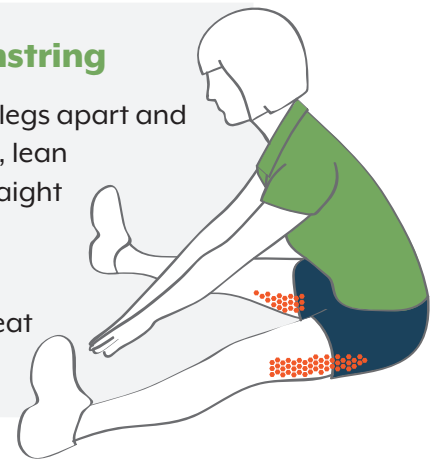


Short and Long Calf

- Keeping front leg straight, place ball of the foot against a wall, with heel on the ground
- With an upright torso and hands on wall, push hips forward to feel stretch along the entire calf
- Hold for 30-60 seconds, rest, repeat each side

Adductor/Hamstring

- Sit on the ground, legs apart and flat on the ground, lean forward with a straight back
- Hold for 30-60 seconds, rest, repeat



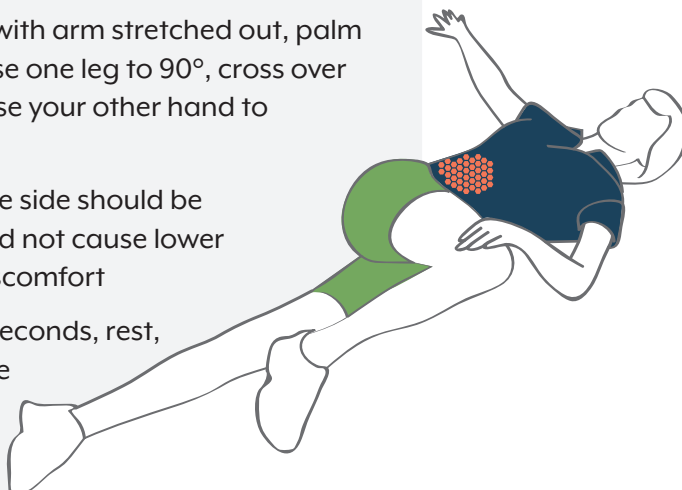
Hip Flexor/Quad

- Kneel on ground with front knee at 90°
- Back straight, chest out, pushing forward
- Hold for 30-60 seconds, rest, repeat each side



Lower Back

- Lie on the floor with arm stretched out, palm downward. Raise one leg to 90°, cross over the other and use your other hand to stabilise the leg
- Movement to the side should be comfortable and not cause lower back pain or discomfort
- Hold for 30-60 seconds, rest, repeat each side



Chest

- Stand side on to wall, closest leg forward
- Place forearm on wall, elbow at 90° and at/slightly above line of the shoulder
- Turn upper body away from wall
- Hold for 30-60 seconds, rest, repeat each side

