

STRETCH / MOBILITY

1. GLUTE / HIP STRETCH 40-60 Seconds per side



Keep chest high to start and breathe through the hip and glute stretch.

Sink lower once the stretch starts to diminish.

2. HAMSTRING STRETCH ON DOOR FRAME 40-60 Seconds per side



Try and take your hands over your head a few times to feel any tension in the upper back.

Start this stretch with your hips away from the wall and aim to straighten your leg. It should be slightly uncomfortable in the hamstrings but not unbearable. Breathe through the pain.

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3. WGS (WORLDS GREATEST STRETCH) 10 Rotations per side



Remember to look to the ceiling when rotating. Keep knee on floor if too hard to raise.

Hand closest to the front foot rotates up for a stretch in the spine. Back leg off the ground if you can.

4. COUCH STRETCH 40-60 Seconds per side



Try and take your hands over your head and reach for a greater stretch. Use towel on floor to protect your knees.

Drive hips forward for a more stretch.

This is a hip flexor and quad stretch.

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5. CORE AND HIP FLEXOR STRETCH

40-60 Second hold



Start on elbows and drive hips and belly to the floor. Move to hands once comfortable.

Aim is to feel this stretch in the lower belly (core) and hips. NOT the lower back.

6. SQUAT STRETCH

40-60 Second holds



Squat position with toes slightly out facing. Sit and then drive knees out with elbows for the hip and groin stretch.

You can use a pole for balance or you can use blocks as seen in the photo. Keep feet flat at all times.

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7. ANKLE AND QUAD STRETCH 40-60 Second hold



Feet stay flat on the ground. Sit on your heels and feel the ankles and quads stretch. If this is easy, take feet slightly wider and reach your hands behind you to go back further.

Advanced level for this is lowering backwards onto elbows and driving hips to the ceiling.

8. CHEST STRETCH 40-60 Second holds



Keep elbow in line with shoulder. Step forward with the same leg and lean your upper body into the stretch.

You should aim to feel this stretch through your chest and shoulder area.