

## STATIC STRETCHING INSTRUCTIONS

*It is recommended that you do these stretches wherever specified in the gym, indoor and outdoor session instructions.*

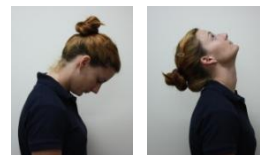
- It is most beneficial to perform static stretching when transitioning between the different parts of your session and after your cool down, because this is when your muscles are at their warmest.
- The stretches are designed to increase your flexibility so everyday activities and movements are easier and to help prevent the occurrence of injuries.
- Do the stretches slowly and avoid sudden jerking movements. Stretch to the point that you can feel the stretch - not to the point of pain. If you have any pain during the exercises *do not* continue. Ensure that don't hold your breath while stretching.

During the scheduled short breaks of your exercise session and after finishing your cool down (walk or jog), complete the following static stretches.

### Upper body:

#### Neck stretch

- Stand upright and maintain a straight back
- Move your chin towards your chest and hold
- Then lift your head and look upwards as if trying to point your chin to the sky



#### Arms stretch

- Stand with your hand behind your neck and your elbow pointing upwards
- Use your other hand to pull your elbow down
- Repeat for opposite arm



#### Stomach/back stretch

- Kneel on your hands and knees, then let your head fall forward and arch your back upwards



#### Back stretch

- Lie on your back, keep one leg flat on the ground, bring your other knee up to your chest, and place your hands around your thigh
- Repeat for opposite leg
- This can also be done by bringing both knees to the chest at the same time



Hold each stretch for at least 20 seconds

## Lower body

Hold each stretch for at least 20 seconds

### Thigh stretch

- Stand upright and balance on one leg.
- Pull your other foot up behind you.
- Keep your knees together and push your hips forward.
- Hold onto a wall for balance.
- Repeat for opposite leg.



### Calf stretch

- Stand upright. Lean against a wall and place one foot as far from the wall as is comfortable.
- Make sure that both toes are facing forward and your heel is on the ground.
- Slowly bend both legs forward as you lean towards the wall. Repeat for opposite leg.



### Adductor stretch 1

- Sit with your feet together.
- Bring your feet towards your groin. Hold your ankles.
- Push your knees towards the ground with your elbows.
- Keep your back straight.



### Adductor stretch 2

- Stand with your feet wide apart.
- Place your hands on your hips.
- Keep one leg straight and turn your toes out to the side.
- Bend the other leg and point your toes forward.
- Lower your groin towards the ground.
- Repeat for opposite leg.



### Hamstring stretch

- Lying on your back, bend one leg with the foot flat on the floor
- Pull the other knee towards your chest
- Slowly and gently straighten your raised leg
- Repeat for opposite leg

