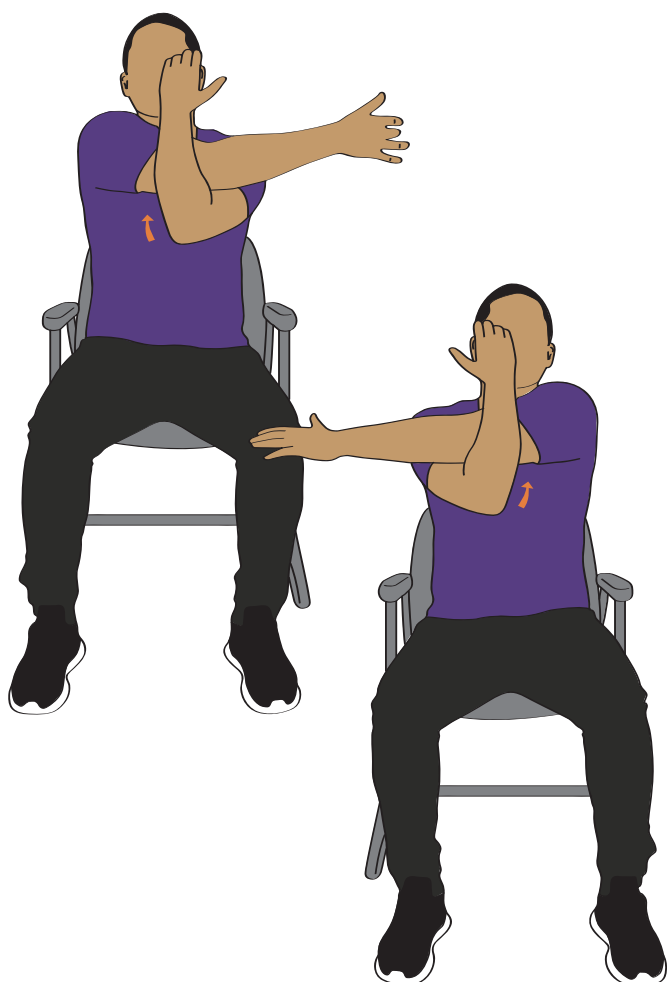


Static stretches

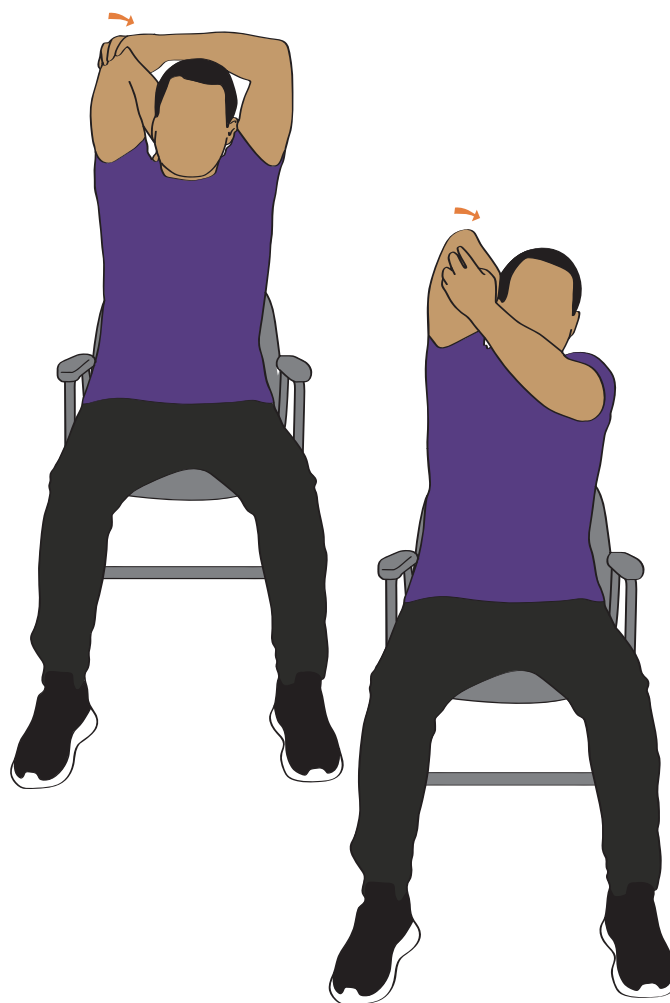
These stretches can be performed at the end of exercising or by themselves to help mobilise and maintain muscle length

All stretches can be done one side at a time or up to three times either side



Shoulder stretch

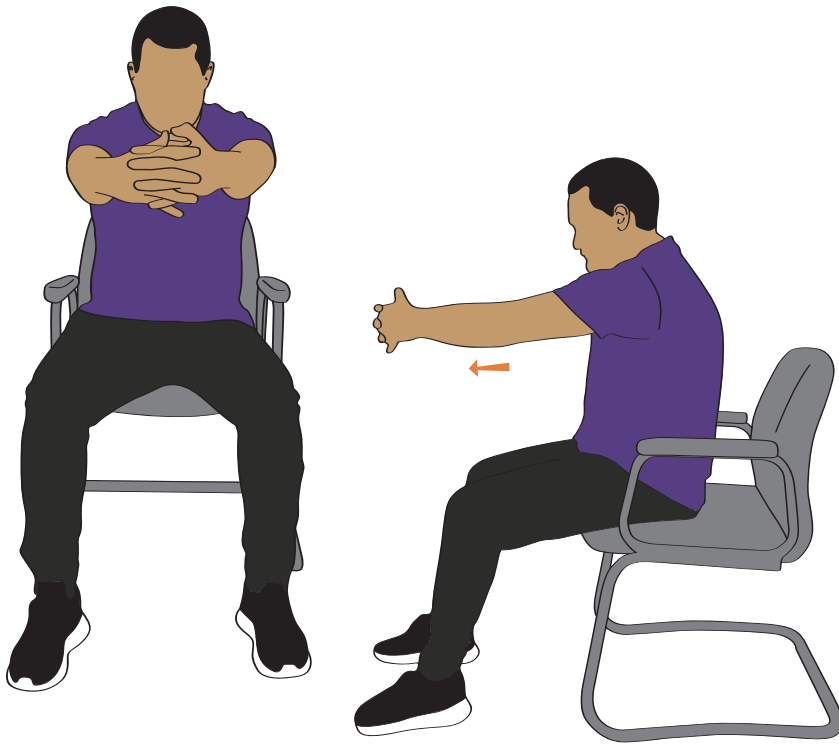
- Bring the arm across the body, pulling it in towards the chest, ideally feeling it in the shoulder
- Hold each side for 15-30 seconds to get the best benefit
- Slowly release and repeat with other arm



Triceps

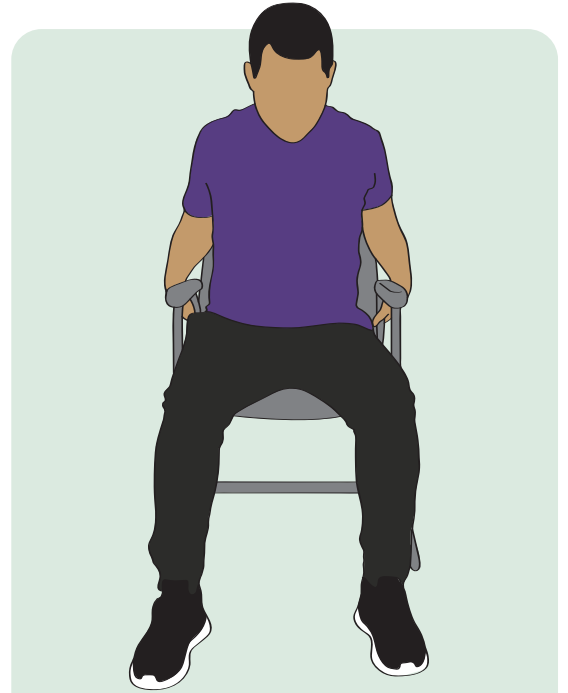
- Bring one arm over the back of your head
- Use the other arm to bring the stretch on, feeling it down the back of the arm
- Hold for 15-30 seconds for maximum benefit

You can adjust your grip depending on where you feel the most benefit and stretching in the muscle

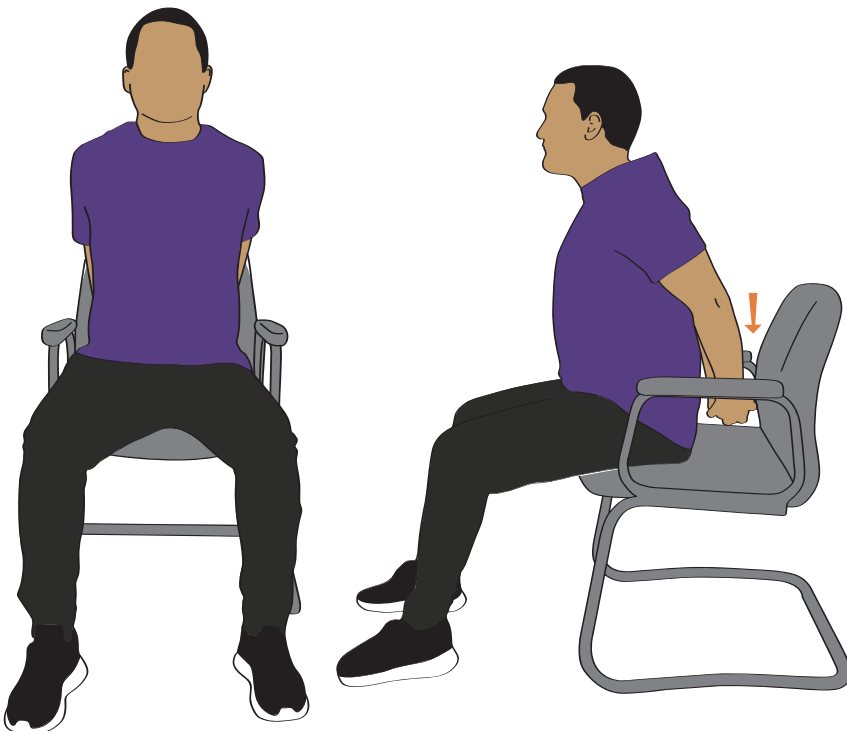


Upper back

- From a sitting forward position, link your fingers
- Rounding your shoulders, push out your arms in front of you and hold them there
- You should feel the stretch within the shoulder blades, hold 15-30 seconds each time



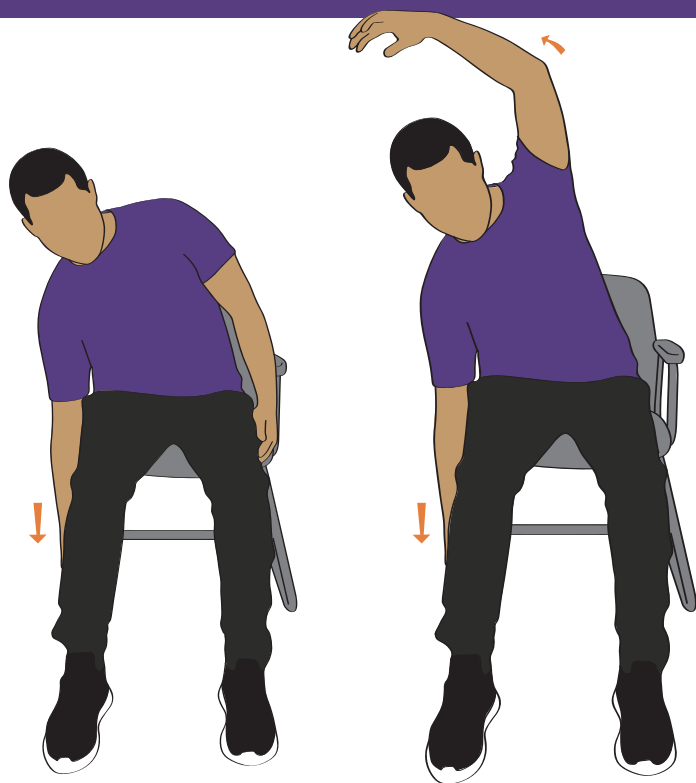
You can adjust the position by holding the chair and even leaning forward to increase the stretch



Chest

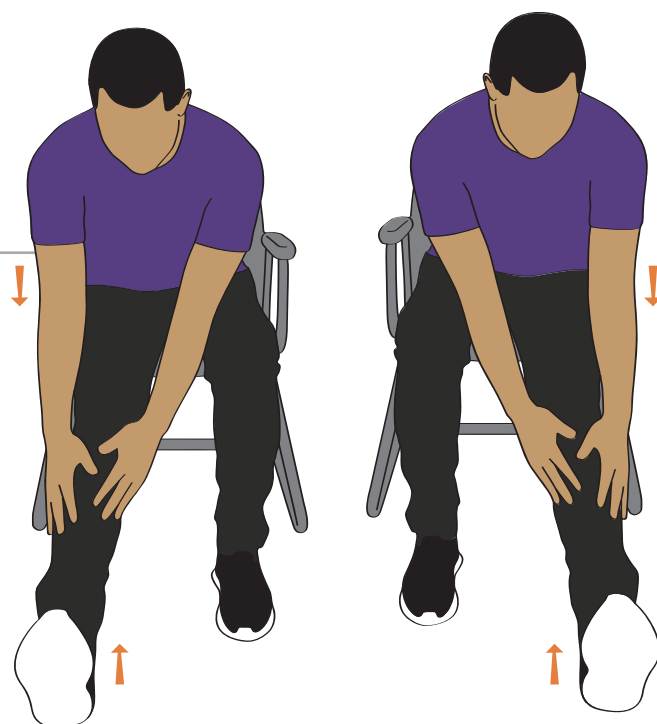
- Put your hands behind your back with fingers clasped and shoulder blades together
- Push the arms down towards the ground, getting that stretch in the chest

Make sure to have someone help you if you require assistance getting your arms behind your body



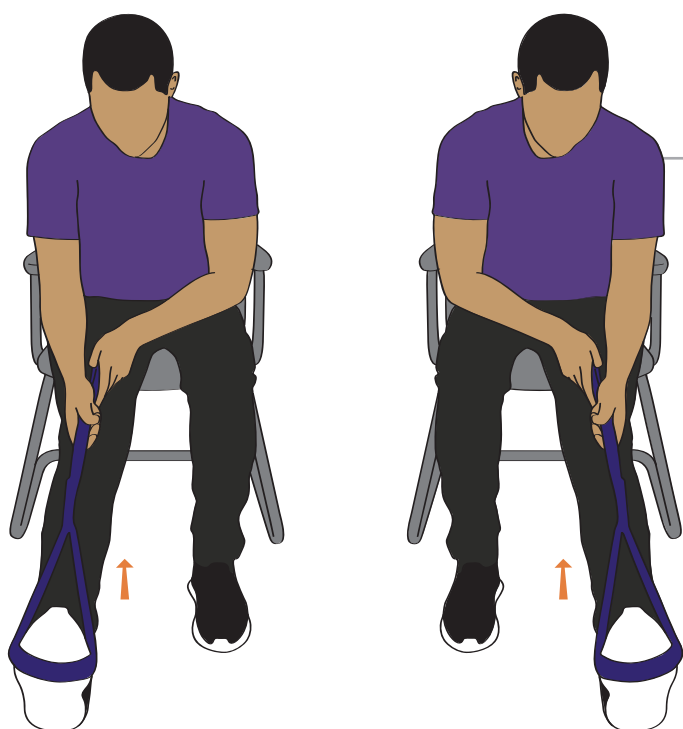
Sides of torso

- Take a lean to the side, holding for a minimum of 15 seconds
- To increase the stretch, lift your arm over your head, feeling the stretch down the side below the arm
- Change arms and repeat



Hamstrings and glutes

- With one leg out, knee extended, lean forward - you should feel a stretch along the back of your thigh towards your buttocks
- Repeat with other leg
- Hold for 15-30 seconds each side



Calves

- One leg out, knee extended, use a strap or a towel to place around your foot
- Pull strap towards you with the foot flexing towards the knee
- Repeat with other leg
- Hold for 15-30 seconds each side

Using the strap will help increase the stretch in your calf