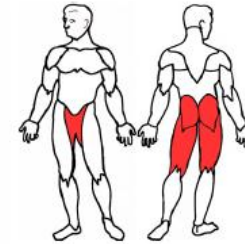


FLEXIBILITY

Term 4 program

- Overview of static stretches
- Static stretches are performed at the end of every training session
- Static stretches are intended to increase flexibility
- **Stretch 5-6 days per week for best results**



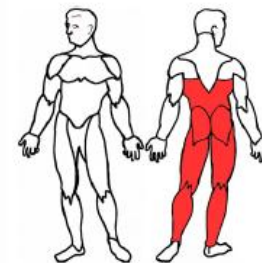


Hamstring buttock groin stretch – 2x 30 seconds per leg

The foot of the flexed leg should remain close to the thigh to ensure that the knee does not twist. Initiate the movement forward from the hips & gradually flex the rest of the spine. Slide the hands forward along the floor.

Cautions - Lower the body slowly & do not force the stretch. Discontinue the stretch if pain is experienced at any stage. Do not allow the foot of the flexed leg to be positioned away from the thigh of the same leg.

Primary muscles involved - Biceps femoris, Pectineus, Semitendinosus, Semimembranosus, Adductor longus, adductor brevis, Gluteus maximus



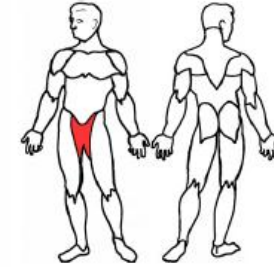
Hamstring buttock stretch – 2x 30 seconds per side

Take a small step forward & place the heel on the ground. Lean forward to flex at the hips & reach the hands towards the ground. Begin the movement at the hips & not the neck. Flex the upper spine & tuck the head towards the shin towards the end of hip flexion. Ensure that the hips & shoulders remain square & that the pelvis does not rotate.

Cautions - Discontinue the stretch if pain or discomfort is experienced in the spine.

Primary muscles involved - Adductor longus, Adductor brevis, Adductor magnus, Gracilis, Pectineus

Flexibility

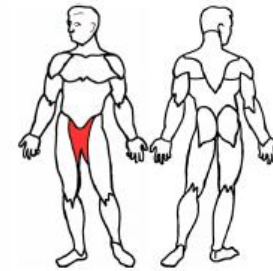


Groin stretch – 2x 30 seconds

Start with the spine in a tall position with the feet together. Press the knees towards the floor with the elbows & lean forward at the hips to increase the stretch. Apply even pressure to both knees.

Cautions - Do not force the stretch, especially towards the end of the movement. Do not flex the spine while leaning forward at the hips.

Primary muscles involved – Pectineus, Adductor magnus, Adductor longus, Adductor brevis

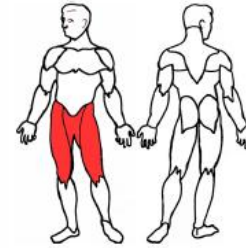


Groin stretch w. box – 2x 30 seconds per leg

Position the foot on a box or chair so the thigh is straight & the hips & shoulders remain square & facing forward. The leg on the box should remain straight with the shoulders above the hips. The other knee should track straight over the foot during the squat. Vary the direction that the foot faces to modify the stretch.

Cautions - Do not allow the knee to buckle or twist.

Primary muscles involved -Adductor longus, Adductor brevis, Adductor magnus, Gracilis, Pectineus

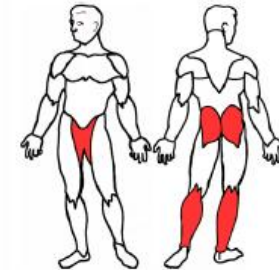


Hip flexor – quad stretch – 2x 30 seconds

The height of the bench can vary depending on flexibility of the hip joint. Hold onto a stick or similar object if additional balance is required. Maintain a rigid torso then flex the front knee to elicit the stretch. The amount of hip extension & knee flexion may vary depending on the requirements of the stretch. Posteriorly tilt the pelvis to increase the emphasis on the hip flexor muscles.

Cautions - if you have a history of hip or spinal injury, seek professional advice prior to commencing this stretch.

Primary muscles involved – Iliacus, Psoas major, Rectus femoris



Groin stretch w. box – 2x 30 seconds

Start with the feet hip width apart & the hips & shoulders square then place the foot on a box or chair. Lean forward at the hips while maintaining a rigid torso. Gently contract the thigh of the rear leg to keep help keep the leg straight.

Cautions Do not allow the lower back to excessively arch. Do not flex the spine during the stretch.

Primary muscles involved – Iliacus, Soleus, Plantaris, Gastrocnemius, Gluteus maximus, Psoas major



Hip flexor – hamstring stretch – 2x 30 seconds per leg

Kneel on the ground & place one foot against the wall. The distance of the knee away from the wall can vary & is determined by the flexibility of the hip & thigh muscles. Consider kneeling on a cushion or soft mat but ensure that balance is maintained during the stretch. Lean forward at the hips while maintaining the neutral curves in the spine. Do not allow the lower back to extend or the pelvis to tilt forward.

Cautions Do not allow the pelvis to rotate or the rear knee to twist. Discontinue the stretch if pain is experienced in the spine.

Primary muscles involved – Iliacus, Tensor fascia late, Psoas major, Rectus femoris

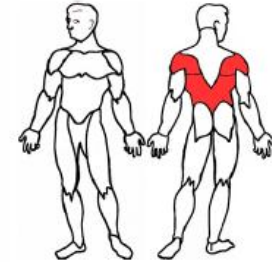


Groin stretch w. box – 2x 30 seconds per leg

Position the hand on the wall with the feet an arms length from the wall. Place one foot behind the other, then lean the hips towards the wall while keeping the hips & shoulders square. The stretch should be experienced on the outside of the thigh, hip & possibly the torso. The extent of the stretch is determined by the flexibility of these muscles.

Cautions - Ensure that you have adequate grip on the floor to avoid slipping. Lower the body slowly & do not force the stretch.

Primary muscles involved –Tensor fascia late, Iliotibial band, Quadratus lumborum, Iliocostalis lumborum

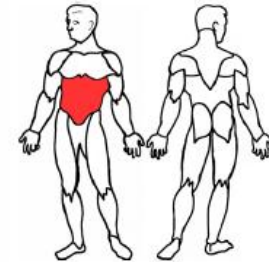


Lat dorsi stretch – 2x 30 seconds

Begin in a kneeling position with the hands facing down approximately shoulder width apart. Keep the hands on the floor, sit the hips back towards the feet & press the chest towards the floor.

Cautions- Do not force the stretch. Discontinue the stretch if pain or discomfort is experienced in the spine or shoulder

Primary muscles involved – Teres major, Latissimus dorsi



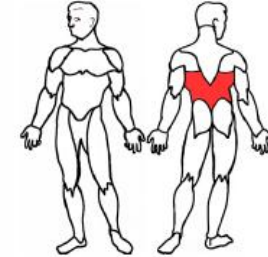
Back extension stretch – 2 x30 seconds

Place the hands slightly forward from the shoulders & keep hips in contact with the floor.

Extend the arms & press the upper body off the floor while keeping the neck in line with the spine.

Cautions - Discontinue the stretch if pain or discomfort is experienced in the spine. Do not extend too far & do not rest in the extended position for too long .

Primary muscles involved –Tensor fascia late, Iliotibial band, Quadratus lumborum, Iliocostalis lumborum

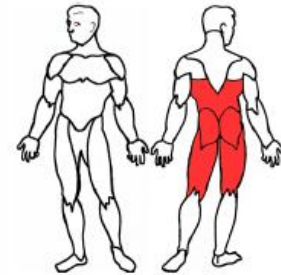


Back flexion stretch – 2x 30 seconds

Start in a kneeling position with the hands under the shoulders, the knees under the hips & neutral curves in the spine. Breathe in & flex the entire spine then breathe out & bring the spine back to a neutral position.

Cautions - Discontinue the stretch if pain or discomfort is experienced in the spine.

Primary muscles involved – Spinalis cervicis, Splenius cervicis, Iliocostalis lumborum, Spinalis thoracis, Multifidus, Iliocostalis thoracis, Longissimus thoracis. Semispinalis thoracis



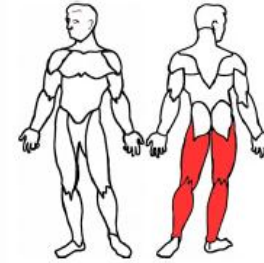
Back extension stretch – 2x 30 seconds

Carefully roll onto the shoulders then place the hands behind the back & keep the elbows on the floor. Do not place too much stress on the neck. Keep one leg facing straight up & lower the other leg towards the floor. The pelvis should not rotate.

Cautions - Discontinue the stretch if pain or discomfort is experienced in the spine. Do not allow the spine or pelvis to twist while in the inverted position.

Primary muscles involved –Iliocostalis thoracis, Gluteus maximus, Semitendinosus, Semispinalis thoracis, Semimembranosus Iliocostalis lumborum, Biceps femoris, Longissimus thoracis

Flexibility

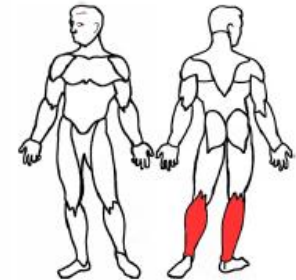


Calf stretch – 2x 30 seconds

Contract the buttock & thigh muscles while keeping the leg straight. Pull further to increase the stretch as the thigh muscles continue to contract. The duration of the stretch should be short & repeat the process.

Cautions - Keep the head & shoulders relaxed & in contact with the ground or bench. Do not allow the hip or knee to rotate for the purpose of this stretch.

Primary muscles involved – Gluteus maximus, Gastrocnemius, Plantaris, Soleus, Biceps femoris, Semitendinosus, Semimembranosus



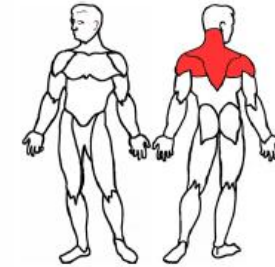
Back extension stretch – 2x 30 seconds

Start with the hands approximately shoulder width apart on the floor. The hips & shoulders should be square with the feet evenly apart. Push up onto the ball of the foot so the back leg is straight with the other leg flexed. Ensure that the hips & shoulders remain square & that the rear foot remains on the ground.

Cautions- Discontinue the stretch if pain or discomfort is experienced at the back of the thigh or the lower back. Relax the neck & shoulders while moving into position.

Primary muscles involved –Soleus, Gastrocnemius, Plantaris

Flexibility

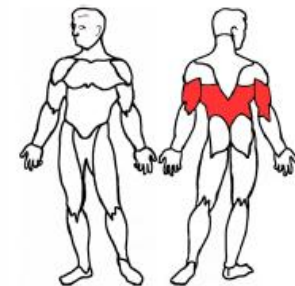


Posterior Shoulder Stretch – 2x 30 seconds

Contract the rear shoulder muscles to flex the shoulder across towards the opposite side of the neck & walk the hands down the back then press further with the other arm to increase the stretch. The duration of the stretch should be short & return to the start position & repeat.

Cautions - If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this stretch. Do not allow the shoulder to shrug or move forward.

Primary muscles involved – Rhomboideus minor, Trapezius-middle, Deltoid-posterior, Deltoid-middle, Infraspinatus, Teres minor, Rhomboideus major



Back extension stretch – 2xs 30 seconds

Contract the shoulder & elbow flexors as far as comfortable then use the other arm to increase the range of motion. The duration of the stretch should be short & repeat the process.

Cautions- If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing

Primary muscles involved –Triceps brachii, Teres major, Latissimus dorsi