



Ten tips on how to stretch

1. Move slowly into the stretch.
2. Hold the stretch for between 10 - 30 seconds post exercise (cool-down). Breathe and relax while holding the stretch.
3. NEVER do any bouncy stretching, always hold and relax.
4. Focus on the muscle you are trying to stretch and then try to lengthen it.
5. You may be able to breach in and push the stretch slightly further half way through the stretch.
6. Move slowly out of the stretch again.
7. Remember to stretch both sides.
8. Increasing the range of movement around a joint will help the blood flow to the muscles surrounding the joint and increase circulation that will carry away any lactic acids that may build up in the muscle.

5 essential stretches

Calf – Gastrocnemius

- Step one foot a large step in front of the other
 - Feet parallel, pointing forward
 - Back heel flat on the ground
 - Hands on the front bend knee
 - Back straight and head slightly down
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- FEEL the stretch in the calf of the back leg



Lower calf – Soleus

- One foot in front of the other, small step
 - Weight on the back leg
 - Feet parallel, toes pointing forward
 - Both heels down
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- FEEL the stretch in the lower calf of the back leg





Hamstrings

- One foot in front of the other, a small step apart
- Sit back on the back leg (weight on the back leg)
- Stretch front leg (flex foot upwards for extra resistance)
- Lift your buttocks
- Hands on bend leg
- Stomach in, head lifted and back straight

- FEEL the stretch in the straight leg – just below your buttocks



Quadriceps and Hip-flexors

- Back straight
- Stomach in
- Supporting leg soft (slightly bend)
- Push bend foot into your hand at the ankle – Not your toe
- Use a wall or partner for balance

- FEEL the stretch in the quad (hip) of your bend leg and try to move the muscle out for extra flexibility



Iliotibial Band

- Cross feet by taking one foot in front of the other (the right foot in front)
- Find your balance and keep your back straight
- Front leg slightly bend
- Push left hip slightly left, away from the centre of your body
- Hands along side of your body

- FEEL the stretch on the outside of your left leg

