

Stretching exercises:

Time spent on warming up and cooling down will improve your level of performance and accelerate the recovery process needed before and after training.

Warm Up:

Muscle stiffness is thought to be directly related to muscle injury, therefore warming up should be aimed at reducing muscle stiffness.

DYNAMIC STRETCHES:

Neck mobility:

- Flexion / extension – tuck your chin into your chest and then lift your chin upward as far as possible – 6-10 reps
- Lateral flexion – Lower your left ear towards your left shoulder and then your right ear to right shoulder – 6-10 reps
- Rotation – turn your chin laterally towards your left shoulder and then rotate towards your right shoulder – 6-10 reps

Shoulder Circles:

- Stand tall feet slightly wider than shoulder width apart, knees slightly bent
- Raise your right shoulder towards your right ear, take it backwards down and then u again to the ear in a smooth action
- Repeat with other shoulder

Arm Swings:

- Stand tall feet slightly wider than shoulder width apart, knees slightly bent
- Keep back straight
- Overhead/down and back – swing both arms continuously to an overhead position and then forward down and backwards – 6-10 reps
- Side/Front Crossover – Swing both arms out to your side and then cross them in front of your chest – 6-1- reps

Side Bends

- Stand tall with good posture, feet slightly wider than shoulders, knees bent slightly and hands resting on hips
- Lift your trunk up and away from your hips and bend smoothly to one side then the other – avoid bending forwards or backwards
- Repeat 16 times with a slow rhythm, breathing out as you bend to the side and in as you return to the centre.

Hip Circles and Twists

- Circles – with hands on hips and feet spread wider than shoulders make circles with hips 10-12 reps – both directions
- Twists – Extend arms out to sides and twist torso and hips to the left, shifting weight onto left foot. Then same other side – 10-12 reps

Half Squats:

- Stand tall with good posture, holding hands out in front of you for balance
- Bend at knees until thighs are parallel with the floor
- Look straight ahead and keep back long throughout the movement
- Make sure knees always point in same direction as toes
- Once at lowest point, fully straighten your legs to return to the starting position – 16 reps

Leg Swings:

- Flexion / Extension – stand sideways to a wall
- Weight on left leg and right hand on the wall for balance
- Swing leg forward and backwards – 10-12 reps. Repeat other side
- Cross Body flexion / abduction – leaning slightly forward with both hands on wall and weight on left leg swing right leg to the left in front of body pointing toes upwards as your foot reaches the furthest point of motion. Then back again – repeat both sides 10-12 reps

Lunges

- Stand tall both feet together
- Keep back straight – lunge forward with right leg approx 1-1.5m
- The right thigh should be parallel with the ground and the right lower leg vertical
- Spring back to the starting position
- Repeat with other leg – 12-16 reps