

Static Stretching

The following are examples of exercises that can be used in cool down and at the end of the training programme. Hold the stretches for 15secs

Biceps Stretch

- Hold your arms out to the side parallel with the ground and palms of the hands facing down
- Rotate the hands so the palms face to the rear
- Stretch the arms back as far as possible
- You should feel the stretch across your chest and in the biceps

Upper Back Stretch

- Stand tall and interlock fingers and push hands as far away from the chest as possible, allowing your upper back to relax
- You should feel stretch between shoulder blades

Shoulder Stretch

- Stand tall
- Place your right arm parallel with the ground across the front of your chest
- Bend your left arm up and use the left forearm to ease the right arm closer to your chest
- You will feel the stretch in shoulder
- Repeat with other arm

Shoulder and Triceps Stretch

- Place both hands above your head and then slide both of your hands down the middle of your spine
- You will feel stretch in the shoulders and triceps

Hamstring Stretch

- Sit on ground with both legs in front of you
- Bend left leg and place sole of foot alongside the knee of the right leg
- Allow the left leg to relax on the ground
- Bend forward keeping back straight
- You should feel the stretch in the hamstring of the right leg
- Repeat with other leg

Calf Stretch

- Stand tall with one leg in front of the other, hands flat and shoulder height against a wall
- Ease your leg further away from the wall, keeping it straight and press heel firmly into the floor
- Keep hips facing the wall and rear of spine in a straight line
- Repeat with other leg

Adductor Stretch

- Stand tall with feet approx 2 shoulder widths apart
- Bend right leg and lower body
- Keep back straight and use arms to balance
- Should feel stretch in left adductor
- Repeat other side

Quadriceps Stretch

- Lie face down on the floor, resting your fore head on your right hand
- Press your hips firmly into the floor and bring your left foot up towards your buttocks
- Take hold of left foot and ease the foot closer to buttocks
- Repeat with right
- You should feel the stretch along the front of the thigh
- You can do this standing with support from a wall if needed.

Hip Flexor Stretch

- Kneel down on the floor, then raise one knee so its at 90degrees with your foot on the floor
- Lean forward, keeping your back upright, shoulders back and relaxed. You should feel the stretch in the hip flexor of the leg that is kneeling.
- Swap sides

Glute Stretch

- Sit on the floor with legs out in front, back upright and tall
- Cross one leg over the other and place your foot down next to the outside of the straight leg's knee
- Using your opposite arm to the bent leg, twist your body towards the bent leg's side, and place your arm against the outside of the bent leg's knee.
- Using the arm pressed now against the bent knee, abduct away from the midline of the body.
- Use your other arm for support behind your body.
- The more forceful you push, the more you will feel the stretch in the glute