

# STRETCHES

## DOWNWARD DOG

An all-in-one stretch for the whole back line of the body. Push through the shoulders so your bottom is pushed back, creating an inverted "V" shape and the stretch can be felt through the back and hamstrings. Keep your hips high and your heels pushed down. Hold for 5-10 seconds and repeat 2-3 times.



## KNEELING QUAD - HIP FLEX OR STRETCH

On one knee, drop forward towards the front knee. The idea is to stretch the quad and hip flexor: relax the hips as much as possible to allow this to happen. It may also help to reach the arm of the leg you're stretching up and over your head. Hold for 15-20 seconds and switch sides. Repeat 2-3 times.



## LYING QUAD STRETCH

Lying on your front, grab hold of one ankle and squeeze the hip into the ground, lifting the knee off if you want to add more stretch. If you can't reach your foot use a towel looped around to hold on to it. Hold for 15-20 seconds and switch sides. Repeat 2-3 times.



## LYING SPINAL ROTATION

Lie on your back, with your knees bent and feet flat on the floor. Stretch both arms outwards along the floor and slowly drop your knees to one side, taking the head in the opposite direction. Breathe into the stretch to release all tension from the back and neck, and only take your knees as far as you can before the shoulders start pulling off the ground. Rotate slowly to the opposite side and repeat for 8-10 rotations.

