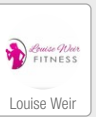




Stretching Routine

Louise Weir PT



This stretch routine will help prevent you from feeling really sore and stiff and will reduce the risk of injury as well as help with your overall mobility and flexibility.

Hold each stretch for a minimum of 30seconds

The stretch routine should be carried out after every workout

Equipment: Bodyweight

Back Stretch



- 1 - Lie on your back with your feet up and your knees bent at 90 degrees holding behind your knees.
- 2 - Gently pull your knees to your chest, allowing your lower back to round slightly.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Glutes Stretch



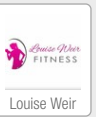
- 1 - Lie on your back with one foot flat on the floor, knee bent and the ankle of the opposite leg on the bent knee.
 - 2 - Clasp your hands behind the thigh of the leg on the floor and gently pull the bent knee toward your chest.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

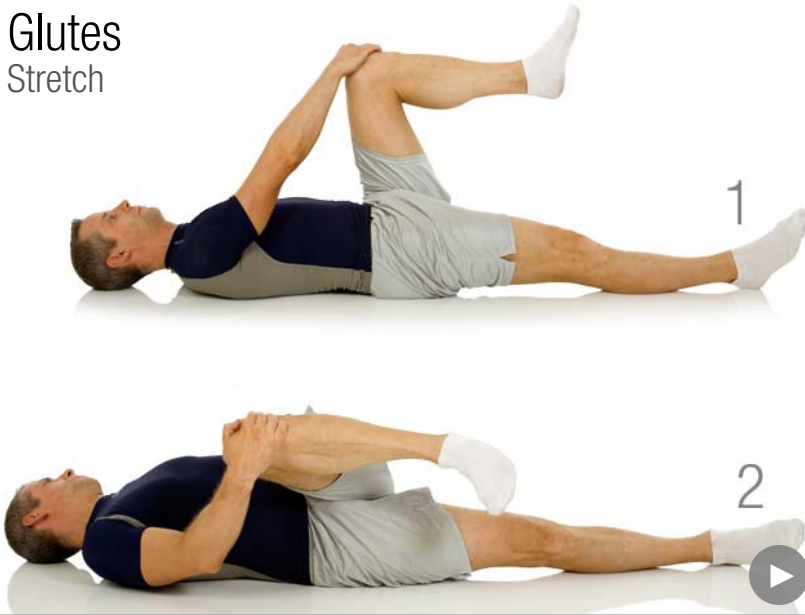


Stretching Routine

Louise Weir PT



Glutes Stretch



- Lie on your back with both legs straight.
- 1 - Raise one leg up, bending at the knee and place your opposite hand on it.
- 2 - Gently pull your bent leg across the other leg and down towards the floor.
- Keep both shoulders on the floor throughout.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Hamstrings Stretch



- Lie on your back with both legs straight out.
- 1 - Raise one leg up straight.
- 2 - Grasp behind the knee or ankle and gently pull the leg towards your head.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Quadriceps Stretch



- Lie on your side, propped up on one arm with both legs straight out.
- 1 - Bend the top knee, grasping your ankle in your top hand and gently pull your foot toward your buttocks.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	



Adductors Stretch



- Sit upright with your knees bent and feet flat.
- 1 - Draw your heels in together in front, holding your ankles.
- 2 - Place your elbows on the inside of your knees and gently push your knees out and down.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Hip Flexors Stretch



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
- 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
- Keep the front foot flat throughout.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Seated Back Stretch



- Sit upright in a chair.
- 1 - Bend over at the waist, lowering your head and hands towards the floor, rounding your back.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	



Glutes Stretch



- Sit upright in a chair with your feet flat on the floor.
- 1 - Raise one leg and place your ankle on the bent knee of your opposite leg.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Hamstrings Stretch



- 1 - Stand upright with your arms straight overhead with your torso turned slightly to one side.
- 2 - Bend over at the waist, keeping your legs straight and reach your hands down to the outside of your foot.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Neck Stretch



- 1 - Stand or sit upright, placing one hand on the opposite side of your head, elbow bent.
- 2 - Gently pull your head down sideways toward your shoulder.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	



Triceps Stretch



- 1 - Stand or sit upright with one arm behind your head, bent at the elbow and the other hand on this bent elbow.
 - 2 - Gently pull the arm across and down, lowering your hand to touch your upper back.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Shoulders Stretch



- 1 - Stand upright with one arm at shoulder height, bent across the front of your neck.
 - 2 - Place your other hand on the elbow of the bent arm and gently pull this arm straight across your body.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	

Lats Stretch



- 1 - Stand upright with your arms straight overhead, hands clasped.
 - 2 - Lean to one side, gently pulling your arms laterally.
- Return upright and repeat on the opposite side.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30		0.0	