



**Being on time is being 10 minutes early** on pool deck to go through various mobilisation and stretching routines.

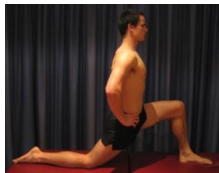
Perform blood flow or mobilisation exercises to elevate the heart rate prior to stretching. Hold stretches for 15 – 20 seconds.

**Lower Body Flexibility**



**Hip Flexion w/band**

Strap the chord around the foot and take leg forward.



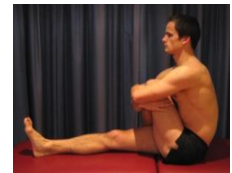
**Hip Flexor - Lunge**

Back straight, gently lunge forward



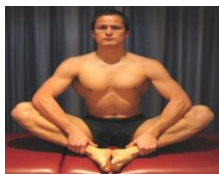
**Supine gluteal stretch**

Bring knee to opposite shoulder



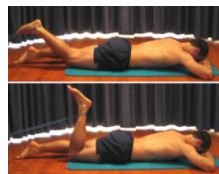
**Sitting gluteal stretch**

Pull the leg to be stretched towards your chest



**Groin stretch**

Gently push the knees down towards the floor, stretch felt in



**Hamstring curl w/band**

Slowly bend knee tightening the back of the thigh



**Hamstring stretch**

Straighten one leg slowly pull it towards you



**Kneeling Calf Stretch**

Bring left foot in between hands. Press knee forward



**Calf Stretch**

Gently move knee forward over toes



**Calf Stretch 2**

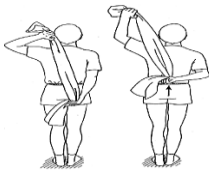
Heels down, knees straight & lunge forward

## Upper Body Flexibility



### **Latissimus dorsi & shoulder**

Hands together and lock elbows into a streamlined position



### **Shoulder stretch**

Using a towel – pull lower hand down your back slightly and release slowly



### **Shoulder, back & arms**

Legs bent under you, reach forwards with one arm extended. Push chest down towards the floor and move hip in opposite direction to the extended arm



### **Pectoral stretch**

Interlock fingers, push shoulder blades back together & straighten arms with elbows locked out



### **Exterior Pectoral Stretch**

Stand parallel to the wall, extend one arm and turn your body away from the wall



### **Triceps stretch**

Elbow bent, hand on back between shoulder blades, opposite hand pulling the elbow across.



### **Latissimus dorsi stretch**

Lean forwards with arms extended and pushing hips down

## Trunk & Lower Back Flexibility



### **Lumbar rotation stretch**

Rotate left shoulder into right knee and pull towards the chest – then switch sides.



### **Lateral stretch**

Side to side only



### **Abdominal stretch**

Lying on front hands underneath the shoulders with the pelvis kept on the ground.



### **Bird – dog position**

Extend right arm to left leg and maintain good body alignment



### **Cobra stretch**

Using forearms press upper body upwards keeping hips on the floor



### **Lower Back stretch**

Shoulders & torso on floor with one knee bent.



### **Spine ball stretch**

Bring knees into chest