

RECOVERY STRETCH

(15 minutes morning and /or night, if once a day then alternate between AM & PM exercises)
 These stretches should be done as a part of your weekly training schedule. Remember that a flexible muscle has a greater ability to apply forceful contractions. An elastic muscle will also deal with high contractile force with greater ease and decrease your chance of getting injured.

Exercises – Morning



Standing Straddle Low Back/Hamstrings

1. Start by standing with your feet spread as far apart as possible.
 2. Lean forward and try placing your hands on the ground below or until a comfortable stretch in your low back and hamstrings.
- Hold for 30 seconds, rest for 30 seconds, repeat 3 times



Glute

1. Lie on your back and pull one knee towards your chest.
 2. You should feel a stretch in your glutes.
- Hold for 30 seconds, swap sides and do the other leg for 30 seconds, repeat 3 times



Wall Calf Stretch

1. Place the toes of one foot up onto the wall so that your heel is still on the ground.
 2. Lean forward until a stretch is felt in your calf keeping your knee straight.
- Hold for 30 seconds, swap sides and do the other leg for 30 seconds, repeat 3 times



TFL Stretch

1. Start by placing one knee on the ground and support yourself with a stool or something.
 2. Lean to the side and simultaneously push your hips in the opposite direction until a comfortable stretch is felt on the outside of the hip.
- Hold for 30 seconds, swap sides and do the other leg for 30 seconds, repeat 3 times



Standing quad stretch

1. Standing with a shoulder width stance and hang onto an object for support.
 2. Bring one foot up and grab with your hand.
 3. Pull your foot up until you feel a stretch on the front of your thigh.
- Hold for 30 seconds, swap sides and do the other leg for 30 seconds, repeat 3 times

Exercises – Evening



Prone Calf Stretch

1. Start by placing both feet flat on the ground. Lean forward and place your hands on the ground in a semi pushup position.
2. Walk your hands in toward your feet until a stretch is felt in your calves.
3. Hold for 30 seconds, rest for 30 seconds, repeat 3 times



Gentle Spinal Twist

1. Begin in a seated position knees bent and feet flat on the floor. Inhale lengthen the spine exhale and drop the knees to the left. The left foot facing towards the right inner thigh allowing the right leg to externally rotate.
2. Both sitting bones should be on the floor. Place the left hand behind the body and the right hand on the left knee. Inhale lengthen the spine exhale and slowly twist the spine looking over the left shoulder.
3. Gently push the hips forward. Maintain a straight spine.



Letter T Stretch

1. Lie on back with right knee drawn toward chest.
2. Slowly bring bent leg across body until a stretch is felt in the lower back and hip area.
3. Remember to keep shoulders squared and flat on ground at all times. Bottom leg should remain straight.
4. Hold for 30 seconds, swap sides and do the other leg for 30 seconds, repeat 3 times



Butterfly Stretch

1. Sit in upright position and place heels together.
 2. Spread knees apart and pull feet toward groin until a stretch is felt in groin and inner thigh.
 3. Remember to keep low back straight to emphasize stretch.
- Hold for 30 seconds, rest for 30 seconds, repeat 3 times



Seated Toe Touch

1. Sit with your upper body upright and your legs straight out in front of you.
 2. Lean forward from the waist and grab your feet.
- Hold for 30 seconds, rest for 30 seconds, repeat 3 times