

INTENSIVE LOWER BODY STRETCHING SESSION (30 mins)

Front Line Sequence



Couch Stretch: Place foot up against couch or bed, ensure you have cushioning under the knee. Pull up into upright position and tuck hips under to create intensive stretch in the quadricep. Hold for 30 to 60 seconds and either move forward into hips flexor stretch or swap sides. Repeat 2 to 3 times.

Hip Flexor: Kneel in a 90 90 lunge position. Then tilt the pelvis (hips) up so as to feel a stretch in the front of the hip. You may feel this stretch down and into the middle quad. Hold for 30 to 60 seconds before swapping sides. Repeat 2 to 3 times.



Hip Flexor with Extension and Reach: Get into kneeling lunge position and lean hips forward as in traditional hip flexor stretch. Pull shoulders back so they are over hips. Then lift arms up and overhead pushing hips forward as you pull back into a baby backbend. Hold for 30 to 60 seconds before swapping sides. Repeat 2 to 3 times.

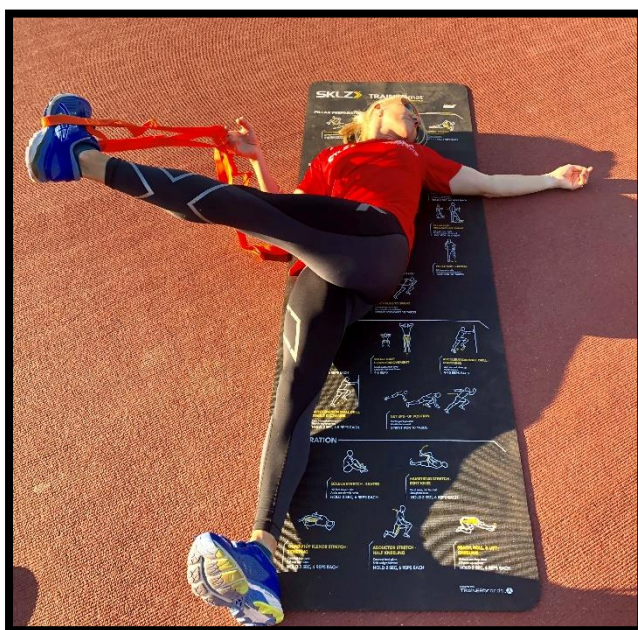


Glutes and Hip Sequence



Seated Figure 4 (Glutes): Sit with one leg externally rotated and with the ankle resting on the opposing folded leg. Ensure you are sitting upright and have your support leg folded with perfect alignment. Using your arms as a support press your chest towards your lower leg. Hold for 30 to 60 seconds and then roll back into the lying glute stretch below.

Lying Figure 4 (Glutes) to Lying Shoelace: From the seated glute stretch, place your hands around the support leg (knee) then roll backwards onto your back, maintain the stretch for another 30 seconds before folding the knee across the support leg as tight as possible. This will move the stretch from the glute max to the glute med and lateral hip (Shoelace stretch). Hold for 30 to 60 seconds. Repeat 2 to 3 times.



Adductor & Hamstring Sequence



Short Adductor: Move into a 90/90 lunge position. Then position the foot of the front leg on a diagonal at 45 degrees. Lean the hips forward and into the stretch. Hold for 30 to 60 seconds before swapping sides. Repeat 2 to 3 times.

Long Adductor: Kneeling down, extend one leg laterally. Ensure the knee is straight and the foot is pointing forward. Place the foot flat on the ground. Hold for 30 to 60 seconds before swapping sides. Repeat 2 to 3 times.



Sit and Reach: Sitting on the ground with your legs full extended in front of you. Reach up to the sky and lengthen your spine, then fold from the hips and reach beyond your toes. Be sure to not bend through the upper back but draw the belly button forward. Hold for 30 to 60 seconds before swapping sides. Repeat 2 to 3 times.

Seated Stork Stretch: From the sit and reach position, bend the knee and pull one foot in resting it on the side of the outstretched thigh. Reach up to the sky and lengthen your spine, then fold from the hips and reach beyond your toes. Be sure to not bend through the upper back but draw the belly button forward. Hold for 30 to 60 seconds before swapping sides. Repeat 2 to 3 times.



Back Line Sequence

Calf Stretch: Starting in a bridged prone position, place all body weight into one leg and press the heel toward the ground to elicit a calf stretch. Hold for 30 to 60 seconds before swapping sides and Repeat 2 to 3 times.



Down Dog: Get into the Down Dog pose and focus on driving the heels down and knees back. Then gently try to melt your chest towards your thighs. While keeping your feet flat to the ground, lift your hips to the sky. Hold for 30 to 60 seconds and Repeat 2 to 3 times.

Cat Stretch: From the down dog drop your knees to the ground and rise through the spine. Tuck the chin toward the chest. Hold for 30 to 60 seconds and Repeat 2 to 3 times.



Extended Childs Pose: From the Cat stretch, drop the hips all the way back to rest on your heels. Extend the arms as reach as far forward as possible while melting your chest to the ground. Hold for 30 to 60 seconds and Repeat 2 to 3 times.