

WARM UP STRETCHES



Calf Correct Foot Position

Foot alignment should be shoulder width apart, you can confirm this by standing either side of a straight line on the floor.

When you take your rear foot back, it should not cross or move away from the midline, your foot should be pointing forward with your heel either flat on the floor, or raised if aiming to develop the stretch.

Your front leg should bend so that when you look down over your knee, you can see the tip of your toes. Lean forward aiming to keep a straight line with your heel, hip and head.



Soleus

1. Stand with both feet flat on the floor, pointing forward, half a stride apart.
2. Keeping your back straight, with your hands on your hips, exhale and lower yourself down, resting your bodyweight on the rear foot.



Normal Stretch

1. Stand with your feet shoulder-width apart, one foot extended half a step forward.
2. Keeping the front leg straight, bend your rear leg, resting both hands on the bent thigh.
3. Slowly exhale, aiming to tilt both buttocks upward, keeping the front leg straight, and both feet flat on the floor, pointing forward.
4. Inhale slowly, and relax from this stretching exercise. Repeat the stretch again, this time beginning with the toes of the front foot raised toward the ceiling, but keeping the heel on the floor.



Quadriceps Standing

1. Stand holding onto a secure object, or have one hand raised out to the side for balance.
2. Raise one heel up toward your buttocks, and grasp hold of your foot, with one hand.
3. Inhale, slowly pulling your heel to your buttock while gradually pushing your pelvis forward.
4. Aim to keep both knees together, having a slight bend in the supporting leg.



Side Lunge

1. Stand upright, with both feet facing forward, double shoulder-width apart.
2. Place your hands on your hips, in order to keep your back straight, slowly exhale, taking your bodyweight across to one side.
3. Avoid leaning forward, or taking the knee of the bent leg over your toes. As you increase the stretch, the foot of the bent leg should point slightly outward.
4. To increase the stretch, relax upward, slowly sliding your feet out a few inches to the sides.



Shoulder Strangle

1. Cross one arm horizontally over your chest, grasping it with either your hand or forearm, just above the elbow joint.
2. Exhale, slowly pulling your upper arm in toward your chest.
3. Aim to keep the hips and shoulders facing forward throughout the stretch.



Hand Down Spine

1. Extend one hand down the center of your back, fingers pointing downward.
2. Use the other hand to grasp the elbow.
3. Exhale slowly, pulling gently downward on your elbow, aiming to take your fingers along your spine.



Upward Stretch

1. Extend both hands straight above your head, palms touching.
2. Inhale, slowly pushing your hands upward, then backward, keeping your back straight.
3. Exhale and relaxing from the stretch before you repeat.