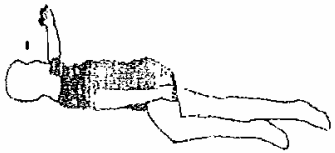
1. LOWER BACK & GLUTEALS

Lie on your back and let your legs fall to the right while keeping your head turned to the left.You should feel a stretch in your buttocks as your upper leg and knee run parallel to or touch the floor. **HOLD FOR 20 SECS. SWAP SIDES**

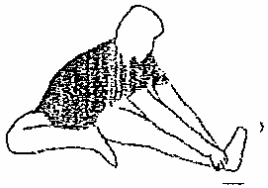


2. GLUTEALS & HAMSTRINGS

Lie on your back, bend one knee and raise to your chest. Hold your knee into your chest so that you feel a stretch in your buttocks. **HOLD FOR 20 SECS, SWAP SIDES**

3. HAMSTRINGS

Sit on the floor with one leg straight at approx 30-45 degrees. Lean over the stretched leg until you feel a stretch down the back of the upper leg (not the inside of the leg). Keep back straight. **HOLD 30 SECS. SWAP SIDES**



4. ADDUCTORS

Sit on the floor with soles of your feet together and knees out to the side. Gently push knees down with elbows to feel a stretch on the inside of both legs. **HOLD 15 SECS , THEN REPEAT AFTER 10 SECS**

5a.GASTROCNEMIUS & 5b.SOLEUS

A. Lean against a support keeping your back straight and weight on back leg. Push back leg down into the ground keeping knee straight to feel a stretch at the top & belly of the calf.

B. Repeat the exercise but with a slight bend in both knees to feel a stretch in the lower calf.

HOLD 20 SECS. SWAP SIDES

6. QUADRICEPS

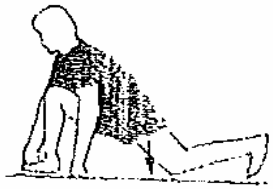
Stand on one leg with a slightly bent knee. Pull back the opposite leg with your hand so your heel is near your buttocks and hold. For more of a stretch in the front upper thigh, gently push your pelvis forward.

HOLD 20 SECS. SWAP SIDES

7. ILIOPSOAS

Assume this position with front shin vertical and lower back leg to the ground to feel a stretch in the groin area. If you cannot feel the stretch move your front foot forward.

HOLD 20SECS. SWAP SIDES



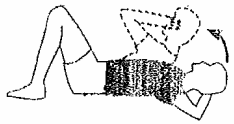
8. ILLIOTIBIAL BAND

Stand side on to a wall and use it to support yourself. Cross the leg closest to the wall behind the other leg. Lean our hips towards the wall, keeping your pelvis straight to feel a stretch on the outside of the hip closest to the wall.**HOLD 20 SECS. SWAP SIDES**

9. ABDOMINAL RAISES

Lie on your back with knees bent and feet flat on the floor. With your hands by your ears (elbows back), raise your upper body off the floor.

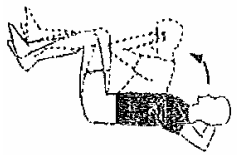
HOLD FOR 2-3 SECS, REPEAT X 20.



10. CRUNCHES

Lie on your back with knees bent and legs at right angles to the floor. With hands behind ears lift upper body up and touch elbows to knees.

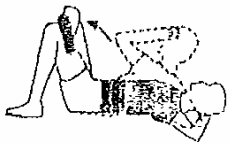
REPEAT X 20.



11. ABDOMINAL RAISE WITH TWIST

Lie on your back with hands behind your ears, elbows back. Bend one knee keeping that foot on the floor. Lift the other foot and rest on this knee. Raise opposite elbow towards the knee, aiming to lift the upper body from the floor,with the other elbow resting on the floor.

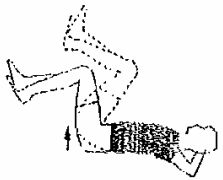
REPEAT X 20



12. REVERSE CRUNCHES (HIP RAISES)

Lie on your back with your knees bent and legs raised off the floor so that your thighs are at right angles to your body. Lift hips off the floor.

HOLD 2-3 SECS, REPEAT X 15-20



13. BACK ARCHES

Lie on your front with legs slightly apart, arms folded behind your back, palms on top of each other. Lift your upper body off the floor.

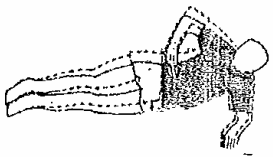
HOLD 2-3 SECS, REPEAT X 20.

For a more advanced version lift opposite arm and leg, with arm outstretched forward.

14. SIDE RAISES

Lie on your side with legs together, resting on your elbow. Make sure your shoulder is over your elbow and body remains straight (not leaning forwards or back). Lift your hips up keeping your body in a straight line.

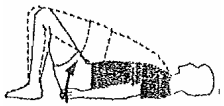
HOLD FOR 5 SECS, REPEAT X 15 SWAP SIDES



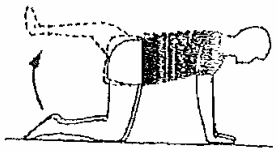
15. HIP RAISES

Lie on your back with arms slightly away from your sides, palms flat on the floor. Bend your knees keeping feet flat on floor. Raise your hips keeping your body in a straight line.

HOLD FOR 5 SECS, REPEAT X 20.



16. HIP CORE STABILITY

Position yourself on your hands and knees, back flat. Keeping your shoulders square (trying not to drop hips and back) lift knee to the side keeping the 45 degree bend.

HOLD 5 SECS, REPEAT X 15, SWAP SIDES.