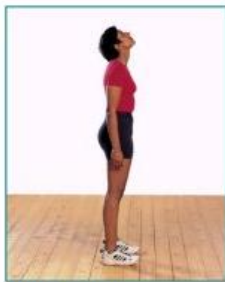


PRE WORKOUT STRETCHES

Regular stretching is important in improving flexibility and should be continued regardless of what stage of a training programme you have reached. Stretching should be done slowly, with no jerking or bouncing movements. Move into the stretching position slowly, continuing until a good stretch on the muscles is felt. Never stretch to the point of pain!



Neck extensors:
Flex chin to chest



Neck Flexors:
Tip the head back



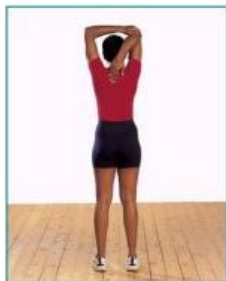
Scalenes:
Side bend head to the left taking care not to rotate to the side.



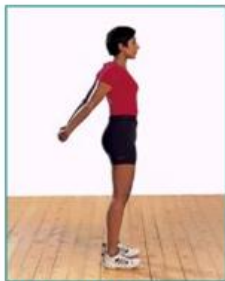
Upper Trapezius:
Turn head to the left.
Note: if any of the above cause dizziness stop and consult a doctor



Triceps (front view):
Place the right hand behind your neck, use the left hand to apply stretch through the right elbow by gently pulling the elbow behind the head.



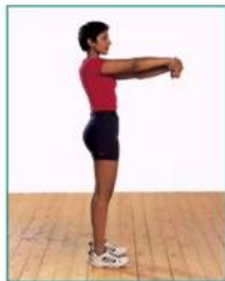
Triceps (back view)



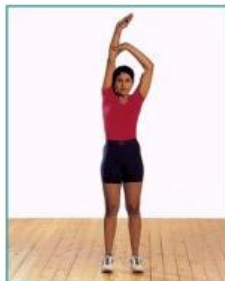
Biceps/Pectorals:
Stretch both arms behind you, keep the elbows straight and the thumbs pointing upwards.



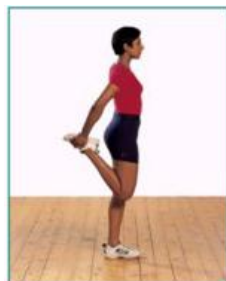
Wrist flexors:
With the elbow straight, use the left hand to apply stretch by pulling the palm away from the floor, keeping the fingers straight.



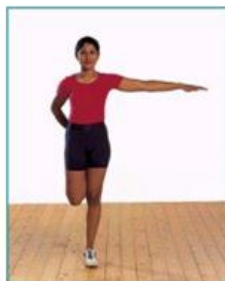
Wrist extensors:
With the elbow straight, use the left hand to apply stretch by bending the wrist, taking the palm towards the floor, keeping the fingers bent.



Trunk Stretch:
With the feet shoulder width apart, stretch the right arm up towards the ceiling and over to the left.



Quadriceps (front view):
Stand with the left arm out to the side for balance, keeping your inner thighs together bend at the right knee, using the right hand to apply the stretch.



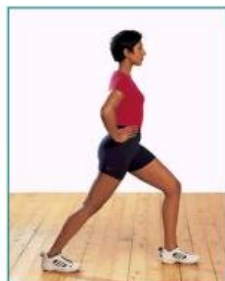
Quadriceps (side view)



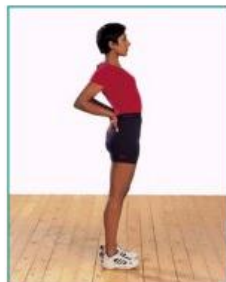
Hamstrings:
Stand with feet together, bend from the waist, keeping your lower back flat. Use your arms to support your weight through your thighs.



Hamstrings with upper Hamstring bias:
Place the right leg behind the left and repeat stretch 11.



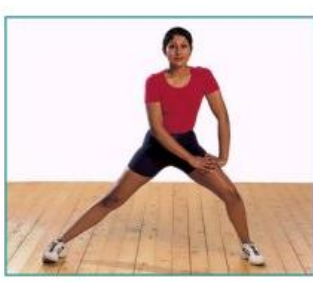
Gastrocnemius (back leg) Soleus (front leg):
Stand astride, lunge forward over the front leg, keeping the knee over the foot. Keep the back knee straight, keep both heels in contact with the floor.



Back Extension Rectus Abdominus:
Stand with feet shoulder width apart. Place your hands on your buttocks and arch backwards. Don't allow the hips to glide forwards.



Hip Flexors Psoas/Quadriceps:
Stand astride, lunge forward, dropping the right knee towards the floor, keeping the trunk upright, leaning back slightly.



Abductors:
Stand astride, feet in line, keep the right leg straight, bend the left knee and lunge to the left.