

General Stretching

Complete this 2x per week.

Posterior Nerve Slider

Sets: 2 | Reps: 5

Preparation:

- Lay on back with leg elevated
- Bend one hip and knee to 90 degrees

Execution:

- Straighten your knee
- At the same time bend your foot up
- Bend your knee back down
- At the same time pump your ankle downward and inward as if pressing the brakes in a car
- Remember the emphasis is on sliding your nerves, DO NOT try to stretch your nerves!



Bend knee, point toes



Straighten knee, bend toes up

Hamstring Stretch (Belt)

Sets: 2 | Hold: 30 sec

Preparation:

- Lie on your back
- Loop a belt around your foot

Execution:

- Use belt to lift leg. You should feel a stretch along the back of your thigh.



Pull foot overhead

Lower Back Rotation Stretch

Sets: 2 | Hold: 30 sec

Preparation:

- Lie on your back with your legs flat

Execution:

- Bend your hip and your knee to 90 degrees
- Let your leg fall across your body, towards the floor, until you feel a stretch
- Gently pull your knee closer to the ground with one arm
- Keep your upper back firmly on the ground



Start on your back



Let leg fall across body

Glute Stretch- Dynamic

Sets: 2 | Hold: 30 sec

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a gentle stretch in buttock for an instant
- Rock legs back down to the start position. Repeat this motion



Cross leg over knee



Pull knees toward chest

Hip Flexor Stretch

Sets: 2 | Hold: 30 sec

Preparation:

- Kneel into a lunge position

Execution:

- Gently press hip forwards to feel a stretch
- Avoid arching your low back or let your hips roll forwards



Straight Posture, Press hip forward

Thoracic Extension (Foam Roller)

Sets: 2 | Hold: 30 sec each segment

Preparation:

- Lie on a foam roll as shown.
- Support your neck with your hands.

Execution:

- Arch your upper back over the foam roller towards the floor.
- Move up and down the foam roller and repeat at different levels of you upper back.

Important:

- DO NOT arch through the lower back



Lie on roll, support neck with hands



Arch upper back over roll



Move up and down the roll and repeat



Lat Stretch

Reps: 2 | Hold: 30secs

Preparation:

- Arms on table, palms up

Execution:

- Lean backward from the hips



Arms on table, palms up - lean backward from the hips

Pectoralis Stretch (Wall)

Sets: 2 | Hold: 30 sec

Preparation:

- Place your forearm against the wall with arm at shoulder height

Execution:

- Twist away from the wall
- You should feel a stretch across your shoulder and chest



*Forearm against the wall,
stand tall*



Twist away from wall

Thigh Release (Foam Roller)

Duration: 30 sec

Execution:

- Position foam roll beneath hip, as shown.
- Roll along the foam, towards your knee.
- Whenever you find a sore spot, pause for as long as you can, to stretch this area out.



Start Position



Roll out along foam

Note: This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.

Hamstring Release (Foam Roller)

Duration: 30 sec

Execution:

- Roll your the back of thigh as shown
- Stop on tight portions of the muscle to allow them to release.



*Roll back of thigh on
foam roll*



*Stop over tight areas and
let them melt away*



Continue rolling

Hip Adductor Release (Foam Roller)

Duration: 30 sec

Preparation:

- Lie on foam roller as shown
- Position the roll between legs, resting on the inside of one groin

Execution:

- Roll up and down in the groin and thigh area



Stop and hold if you find a tender point, let it relax

Calf Release (Foam Roller)

Preparation:

- Sit with your calf on a foam roll.

Execution:

- Roll your calf up and down on the roll.
- Stop on tight portions of the calf muscle to allow them to release.



Sit with calf on foam roll



Roll calf up and down roll

Hip Specific Mobility

Complete this 2 x per week.

Child's Pose

Preparation:

- Kneel on the floor, buttocks over heels.

Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.



Start in 4 point



*Buttocks over heels,
stretch arms*

Downward Dog

Preparation:

- Resting on all fours

Execution:

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



Upward Facing Dog



Downward Dog

Preparation:

- Resting on all fours

Execution:

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



Deep Lunge | Back Knee on Ground

Execution:

- Lunge one leg forward keeping the other leg bent
- Reach to hold the floor
- Push back hip towards the floor



*Push back hip forward,
knee touches floor, sink
into front hip*

Downward Dog

Preparation:

- Resting on all fours

Execution:

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



Pigeon Pose

Preparation:

- Kneel on the ground

Execution:

- Stretch one leg back behind you
- Position front foot across body
- Inhale, growing tall through trunk
- Exhale, lowering trunk over front knee



*Inhale, growing tall
through trunk*



*Exhale, lowering trunk
over front knee*

Downward Dog

Preparation:

- Resting on all fours

Execution:

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



Rotated Side Angle



Downward Dog

Preparation:

- Resting on all fours

Execution:

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



Repeat on the other leg