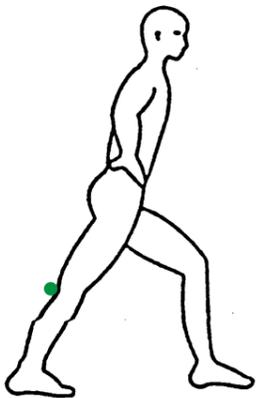
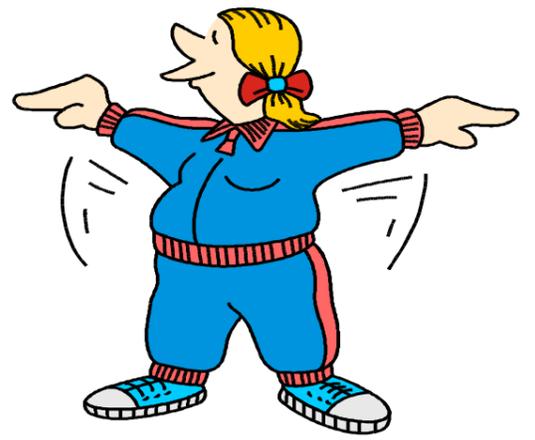
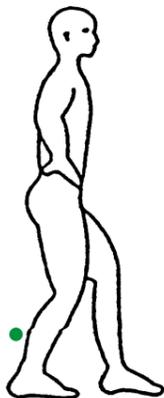


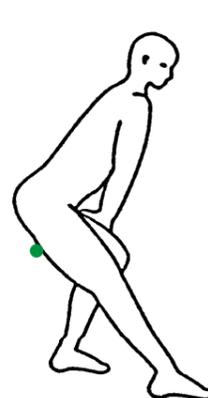
Staying flexible



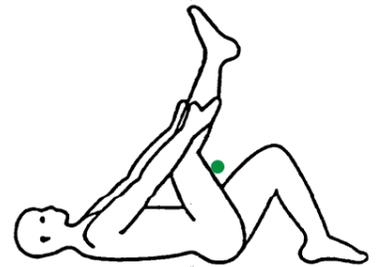
1. UPPER CALF (Gastrocnemius)
Take a step forwards and bend the front knee. Keep the back knee straight and push the heel into the ground, making sure that both feet are pointing forwards. The stretch should be felt in the upper middle part of the calf muscle. Repeat for the other side.



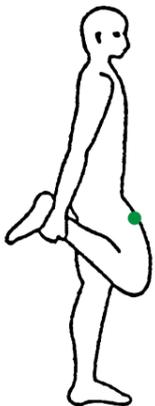
2. LOWER CALF (Soleus)
Take a step forwards and bend the front and back knee, whilst keeping the heel flat on the ground and both feet pointing forwards. The stretch should be felt towards the lower part of the calf. Repeat for the other side.



3. BACK OF THIGH (Hamstrings)
Take a step forwards and bend the back knee. Put both hands on the thigh of the bent back leg to support lower back and lean forwards until the stretch is felt on the back of the thigh on the straight leg. Repeat for the other leg.



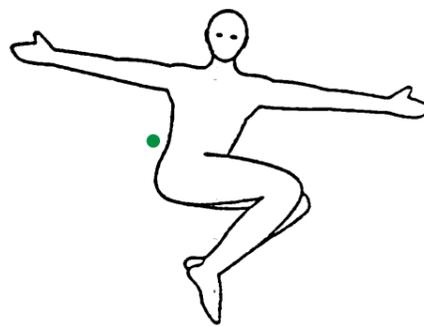
4. BACK OF THIGH (Hamstrings)
Lie on the ground and bend one knee so that the feet is close to backside. Lift the other leg keeping it slightly bent and hold the calf with both hands. Gently pull the thigh towards the chest to feel a stretch at the back of the thigh. The stretch should be felt in the centre of the muscle. If it is felt towards one end of the other muscle, bend the leg slightly. Repeat for the other side.



5. FRONT OF THIGH (Quads)
Stand on one foot or use a partner for support, Hold the opposite ankle and bring the heel towards the backside but keep it pulled slightly away. Keep both knees close together to prevent twisting of the knee and tilt the pelvis forwards. Stretch should be felt in the middle of the thigh and towards the hips. Repeat for other side.



6. HIPS (Hip Lunge)
Take a long step forward, bending the front knee and slowly bending the back knee so that it rests on the ground. Keep the trunk upright and both feet pointing forwards and then tilt the hip forwards slightly. The stretch should be felt across the hip joint. Repeat for the other side.



7. LOWER BACK
Lie on the ground with arms spread wide to each side of the body. Bend both legs at hips and knees and move them slowly to one side. Relax into this position and feel the stretch in the lower back area. Repeat to the other side.



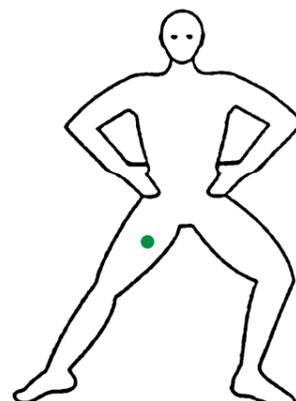
8. BACKSIDE (Gluteals)
Sit on the ground with one leg straight out and the other leg bent with the foot on the other side of the straight leg. Hold the outside of the bent knee and pull gently towards and across the chest. Stretch should be felt towards the outside of the buttocks. Repeat for the other side.



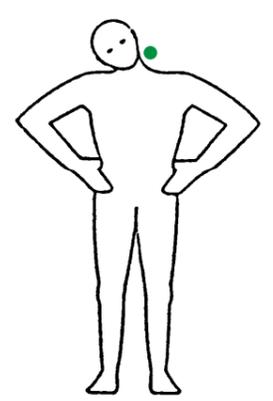
9. CHEST (Pectorals)
Link the hands and place behind the back. Bend the knees slightly and maintain an upright posture. Slowly pull arms backwards. Feel the stretch across the chest.



10. SHOULDERS (Deltoids)
Link the hands and reach both arms above the head. Pull the arms slightly backwards, being careful not to arch the back. Feel the stretch in the front area of the shoulders.



11. INSIDE OF THIGH (Adductors)
Stand straight with hands on hips. Step out to one side pointing the foot out to the side slightly and bend the knee so that it is above the toes, but not twisted. Keep the other leg straight. Feel the stretch on the inside of the straight leg. Keep trunk upright and ensure the foot of the straight is not turned inwards. Repeat for the other leg.



12. NECK
Keep neck in line with the body. Slowly tilt the head to one side moving one ear towards the same shoulder. Hold this position and feel the stretch on the opposite side of the neck. Repeat to the other side. Ensure that the stretch is always in this plane of movement.

A range of static stretches for major muscle groups for use after warm up, during and after exercise.