

Lower Body Stretching



Hamstrings

- Place heel on knee high table/chair keeping knee straight
- Tilt pelvis forward
- Keeping back straight, lean forward until stretch is felt in hamstrings
- Hold for 30 seconds and repeat on opposite side



Gluteals

- Seated, place ankle onto opposite knee
- Gently pull knee up to opposite shoulder
- Hold for 30 seconds and repeat on opposite side



Quadriceps

- Standing, bend knee, grasp ankle and pull towards buttocks until stretch is felt in quadriceps
- Ensure pelvis is tilted backwards.
- Hold for 30 seconds and repeat on opposite side



Hip Flexor

- Half kneeling
- Push through extended hip until stretch is felt
- Hold for 30 seconds and repeat on opposite side



Calves

- Pressing against wall, front leg bent and back leg straight
- Lean body forward until stretch is felt in calf of back leg
- Hold for 30 seconds and repeat on opposite side