

My key basic stretches



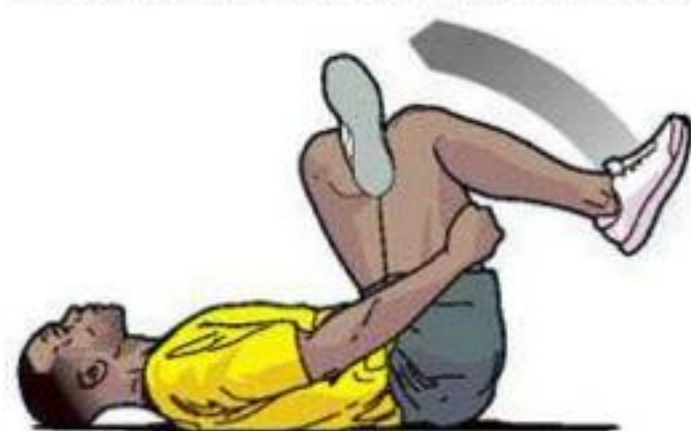
Lower back stretch

Lie on your back with your knees bent, arms by your sides, and pull your knees towards your chest.



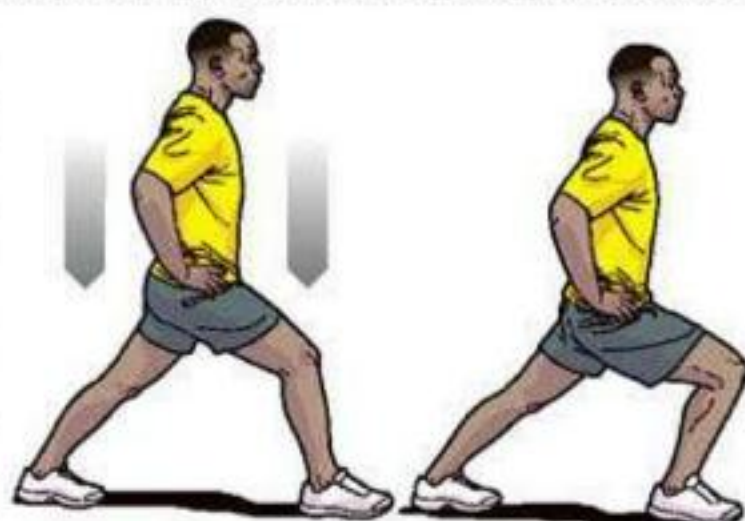
Groin stretch

Sit with the soles of your feet together. Push down on the inside of your knees to feel a stretch.



Glute stretch

Sit with one leg bent and crossed over your straight leg. Lean back, pulling your legs to your chest.



Hip flexor stretch

Stand with one leg behind you. Slowly bend your front leg, contracting the gluteal muscles on your back leg.



Quad stretch

Stand on one leg and use a chair or a wall to balance if necessary. Bend your other leg at the knee, and grasp your foot up behind you. Keep your body upright.



Hamstring stretch

Standing upright, place your heel up on to a step in front of you, with the leg straight. Gently bend forwards until you feel a slight hamstring stretch.



Calf stretch

Stand arm's length from a wall. Place both hands on the wall, and one foot behind you, heel down. Lean in until you feel a stretch in your calf.