

STRETCHES



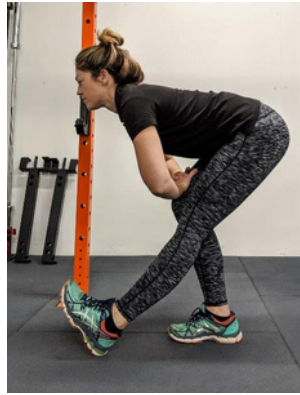
DEVELOPMENTAL STRETCHES MODIFICATIONS - POST WORKOUT

Aim for 30 secs per stretch with the last 10 secs of each stretch pushing further into the stretch. Remember to breathe!! Deep breathe in and then exhale as you go into the stretch then concentrate on your breathing (ensuring you maintain good technique)

Quad Stretch



Hamstring Stretch



Calf Stretch



Hip Flexor Stretch



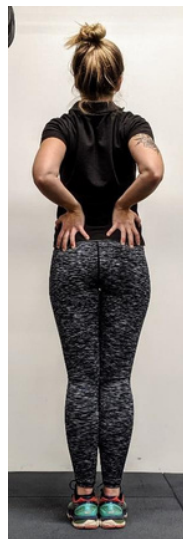
Glute Stretch



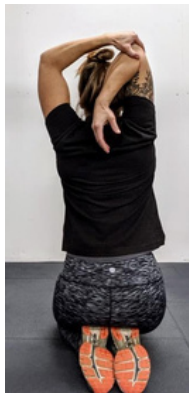
Shoulder Stretch



Chest Stretch



Tricep Stretch



Wrist Stretches (second photo is also a stretch for your bicep)



Cobra Stretch



Side Stretch



Extended Child Pose

