

STRETCHES

POST WORKOUT – STANDARD

(See [Modification Stretches](#) for alternatives)

DEVELOPMENTAL STRETCH ROUTINE

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



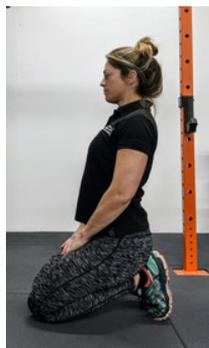
Hip Flexor Stretch



Glute Stretch



Toe Stretch



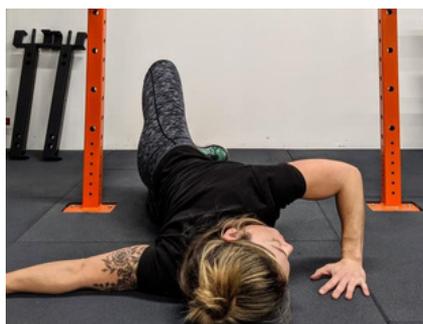
Hip and Glute Opener (Pigeon Pose)



Shoulder Stretches



Shoulder and Chest Stretch



Chest Stretch



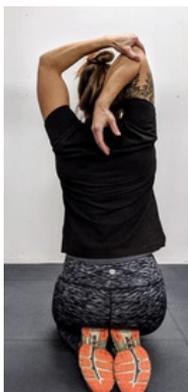
Shoulder, Neck and Upper Back Tension Release



Wrist Stretches



Tricep Stretch Bicep Stretch



Cobra Stretch



Side Stretch



Neck Stretch



Extended Child Pose

