
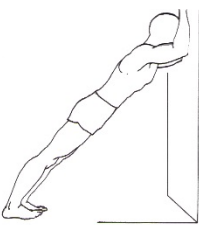


Whole Body Flexibility Programme

Anterior Ankle and Instep

	<p>Sit with one leg crossed over the opposite knee. Grasp your leg above the ankle with one hand and the top of your foot with the other hand. Exhale and pull the sole of your foot towards your body.</p>	Sets	1
		Reps	2x e/s
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

Achilles Tendon and Posterior Lower Leg

	<p>Lean against a wall, keeping your ankles in a straight line. Keep your feet flat on the floor and pointing straight ahead. Exhale, bend your arms, lean towards the wall and shift your weight forwards.</p>	Sets	1
		Reps	2x
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

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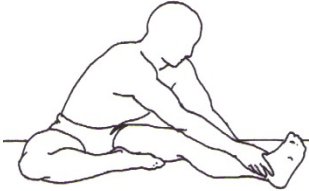
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Hamstrings

	<p>Sit on the floor with one leg straight and the other bent at the knee with the heel touching the inside of the opposite thigh. Lower the outside of the thigh and calf of the bent leg to the floor.</p> <p>Exhale, keep the extended leg straight and lower your upper torso onto your thigh.</p> <p><i>Try contracting your quadriceps to alleviate tension in your hamstrings.</i></p>	Sets	1
		Reps	2x e/s
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

Adductors

	<p>Sit on the floor & spread your legs as wide as possible.</p> <p>Exhale, rotate your trunk, slowly extend your upper torso onto one leg and grasp your foot.</p> <p><i>Concentrate on keeping your lower back & legs extended & your heels on the floor.</i></p>	Sets	1
		Reps	2x e/s
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

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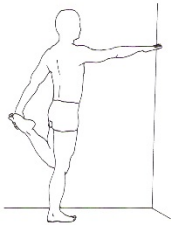
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Quadriceps



Stand holding onto something for balance. Flex one knee & raise your heel to your buttocks.

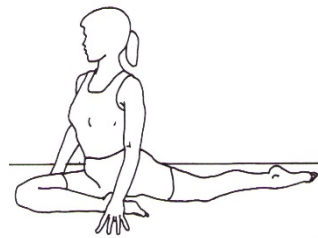
Slightly flex your supporting leg, exhale & grasp your raised foot with one hand. Inhale & slowly pull your heel towards your buttocks without over compressing the knee.

To maximise the stretch, make sure the insides of your thighs touch each other & your pelvis rotates backwards (visualise pulling your tailbone between your legs).

Sets	1
Reps	2x e/s
Load	
Tempo	30 sec
Rest	

Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

Hip and Gluteals



Sit on the floor with both legs straight & your palms flat on the floor by your hips with your fingers pointing towards your feet.

Flex your right knee & place your right foot on the floor so that the heel touches your left knee. Do not let your right leg rise off the floor.

Inhale & extend your left leg behind you. The front of your left thigh, kneecap, shin, instep & the upper part of your toes should rest on the floor. Exhale and push your right hip into the floor.

Sets	1
Reps	2x e/s
Load	
Tempo	30 sec
Rest	

Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

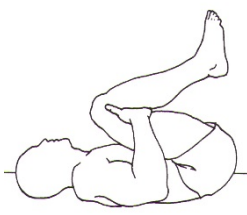
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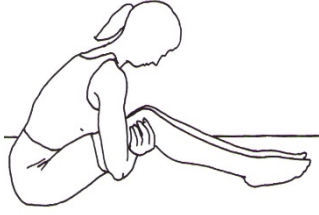
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Lower Back

	<p>Lie on your back with your arms by your hip, palms down. Exhale, push on the floor with your palms & raise your legs in a squat position so your knees almost rest on your forehead. Support the weight of your hips with your hands. <i>Avoid excessive flexion of the neck.</i></p>	Sets	1
		Reps	2x e/s
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

Upper Back

	<p>Sit on the floor with knees bent slightly fixed, upper torso resting on your thighs, elbows under your knees & your hands grasping your thighs. Exhale, lean forward & pull back on your thighs while keeping your feet on the floor.</p>	Sets	1
		Reps	2x e/s
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

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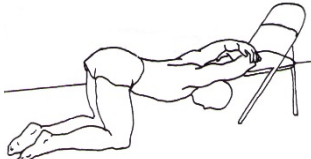
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Lateral Neck

	<p>Sit or stand with your left arm flexed behind your back. Grasp the elbow from behind with the opposite hand and pull it across the midline of your back to keep your left shoulder stabilised. Exhale & lower your right ear to your right shoulder.</p>	Sets	1
		Reps	2x e/s
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

Pectorals

	<p>Kneel on the floor facing a barre or chair. Interlock your forearms above your head & bend forward to rest them on top of the barre or chair, with your head dropping beneath the surface. Exhale & let your head & chest sink to the floor.</p>	Sets	1
		Reps	2x
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

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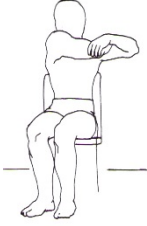
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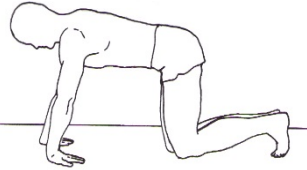
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Lateral Shoulder

	<p>Sit or stand with one arm raised to shoulder height; flex the arm across the shoulder. Grasp your raised elbow with the opposite hand, exhale and pull your elbow backward.</p>	Sets	1
		Reps	2x e/s
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

Wrist Flexors

	<p>Kneel on all fours, flex your wrists & place your palms against the floor with the fingers pointing towards your body. Exhale & lean backwards.</p>	Sets	1
		Reps	2x
		Load	
		Tempo	30 sec
		Rest	
Date:			
Sets			
Reps			
Load			
Tempo			
Rest			

Abbreviations

e/s = Each Side

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