

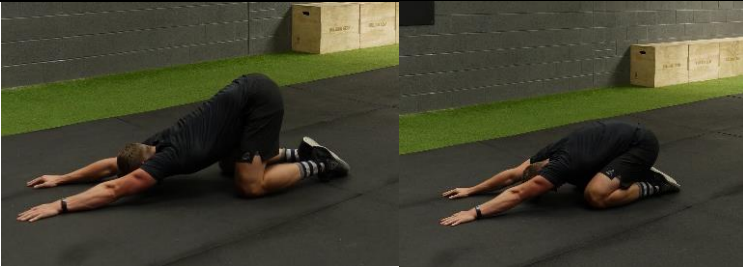







FLEXIBILITY

Body Part: Flexibility		
Exercise	Positioning / Technique	Adaptation
Kneeling Torso Stretch (Back)	<ul style="list-style-type: none"> • Both knees at 90 degrees • Slight stretch on the groin • Keep body upright • Twist towards the front 	45 -60 seconds Both sides
		
Kneeling Torso Body Split (Back & Groin)	<ul style="list-style-type: none"> • Both knees at 90 degrees • Slight stretch on the groin • Slight spinal flex • On the same side, twist torso outwards away from the front knee 	45 -60 seconds Both sides
		
Childs Pray Stretch (Back)	<ul style="list-style-type: none"> • Begin on the hands and knees • Spread knee position • Lower your body • Extend your arms directly away from the head • Relax breathing 	45 -60 seconds
		

90-90 Glute Stretch (Buttocks & Groin)	<ul style="list-style-type: none"> • Sit on the floor with the front leg bent and the outside portion resting on the ground at 90 degrees • The rear leg sat with the front portion resting on the ground extended • Lean slightly towards the ground 	45 -60 seconds Both sides
		
Dual Groin Stretch (Shoulder & Groin)	<ul style="list-style-type: none"> • Adopt a wide stance • Braced upright posture • Bend one leg slightly and keep the opposite leg straight • Sway your weight slightly towards the bent leg • Cross one arm pass the chest • Hold the muscular portion with the other hand 	45 -60 seconds Both sides
		
Dual Calf Stretch (Calf & Back) (Calf & Chest)	<ul style="list-style-type: none"> • Stagger stance • Bend front leg • Keep the rear leg extended and straight • Braced upright posture • Sway you weight forward slightly • Open arms and close the grip to stretch upper back. • Bring arms back and place hands towards hips. Push chest out to stretch upper body. 	45 -60 seconds Both sides
		

Sit & Reach Stretch (Hamstrings)	<ul style="list-style-type: none"> • Sit with one leg extended • Maintain neutral spine posture • Other leg bent • Extend arms and reach towards the ankle until the hamstring is activated 	45 -60 seconds Both sides
		
Cobra Stretch (Back & Core)	<ul style="list-style-type: none"> • Lay on the floor face down supported with your forearms • Slightly hyper extend you back. • To advance the position, extend your elbow and brace the position from the palms 	45 -60 seconds
		
Torso Floor Stretch (Back & Legs)	<ul style="list-style-type: none"> • Lay on the floor • Bend one knee and cross the body • With the opposite hand, bring the knee to encourage the torso to twist • Ensure most of your back maintains contact with the floor 	45 -60 seconds Both sides
	