
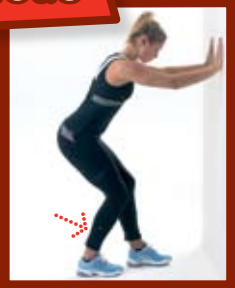


## Introduction to Warm-up Stretch:

When we exercise we take our joints through a greater range of motion than we normally do in daily life. It is very important, before we exercise, that we do some light stretching to lengthen the muscles slightly so we can work through large ranges of movement without pulling or injuring our muscles. However, it is just as important to make sure they are properly warmed up first.

Follow the diagrams carefully and ensure your posture is always good when carrying out a stretch. Start to ease into the stretch until you feel a slight sensation in the stretching muscle (just before the point of pain) hold this position for 10 to 12 seconds. All major muscles to be used in the workout should be lightly stretched prior to exercise.

Remember, stretching should not be painful. If you stretch too aggressively you are likely to pull or injure the muscle so go into the stretch slowly and gently, don't bounce or try to push too far. If you are in any doubt stop and seek advice.

Muscle Group	Instruction	Safety Instructions
<b>Gastroc</b> 	<ul style="list-style-type: none"> <li>• Support hands on a wall elbows slightly bent.</li> <li>• Take a step back, keep foot straight and under hip.</li> <li>• Keep rear knee straight, tense thigh muscle.</li> <li>• Keep front knee slightly bent, knee behind toe</li> <li>• To increase the stretch take a greater step back.</li> </ul>	<p><b>HOLD TIME:</b> 10 – 12 seconds</p>
<b>Soleus</b> 	<ul style="list-style-type: none"> <li>• As above but bend rear knee.</li> <li>• Keep rear heel in contact with ground.</li> <li>• Ease front of shin down towards second toe.</li> </ul>	<p><b>Mobilise the joint and warm the muscle prior to stretch.</b></p> <p><b>HOLD TIME:</b> 10 – 12 seconds</p>

## Muscle Group

## Instruction

## Safety Instructions

### Hamstring



- Stand with feet shoulder width apart.
- Take one foot forward.
- Bend rear leg and support body weight on hands above knee.
- Keep both feet facing forward.
- Keep back straight and bend forward from waist.
- Keep front leg straight and push bum up towards ceiling.

Recommended time for mobilising and warming joints and muscles is 7 minutes.

**HOLD TIME:**  
10 – 12 seconds

### Adductors Long



- Stand with feet twice width of shoulders.
- Turn one foot out and bend knee.
- Lean body weight over bent knee keeping rear leg straight and foot facing forward.
- Ensure bent knee stays behind toe line.
- Support upper body weight on bent leg, keep back straight.

Warm up should start easy and gradually build intensity and range of motion (ROM).

**HOLD TIME:**  
10 – 12 seconds

### Quads



- Balance with one hand against wall.
- Take hold of top of foot (outside leg).
- Keep supporting knee slightly bent.
- Pull foot to bum and gently push hips forward.

**HOLD TIME:**  
10 – 12 seconds

### Glutes



- In standing position lay ankle above knee of opposite leg.
- Keeping leg and knee at 90° degrees, bend supporting leg and sit back.

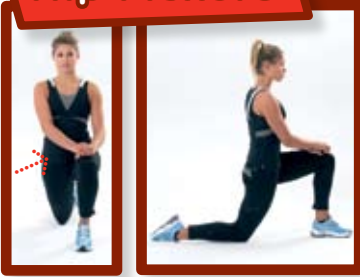
**HOLD TIME:**  
10 – 12 seconds

## Muscle Group

## Instruction

## Safety Instructions

### Hip Flexors



- Kneel on one knee on floor.
- Pivot on rear knee to open angle in front of hip.
- Push hips forward and tuck bum under.
- Ensure knee is on a soft mat and pressure is taken above knee cap.

**HOLD TIME:**  
10 – 12 seconds

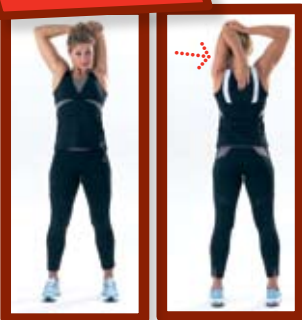
### Pecs



- Stand with feet shoulder width apart.
- Place hands in small of back.
- Gently squeeze elbows and shoulder blades together.
- Keep head up and back straight

**HOLD TIME:**  
10 – 12 seconds

### Triceps



- Stand with feet shoulder width apart.
- Place one hand between shoulder blades, elbow above head.
- Place opposite hand on elbow.
- Gently ease the elbow down until a sensation is felt in the back of the arm.
- Try to keep head up in neutral position.

**HOLD TIME:**  
10 – 12 seconds