



Shoulder 'Apleys' - Towel

Holding a towel or stick in one hand, reach that hand behind the head and place it down the back. With the opposite hand behind the lower back, grasp other end of towel and try to walk hands together. Hold where comfortable and breath.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Levator - Self Traction Chair

Sitting tall, grasp back edge of the chair with hand of the side to be stretched. Turn head to opposite side and flex head forward ('nose toward elbow'). Let body lean to feel a stretch in the back and side of the lower neck.

Sets:	
Reps:	
Weight:	
Hold:	45 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pectorals - Corner / Doorway

Facing corner or standing through a doorway. Place forearms on each wall at shoulder height. Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	
Weight:	
Hold:	60 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint). Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh. Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	
Weight:	
Hold:	45 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	
Weight:	
Hold:	45 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Adductors - Wall Splits

Lying on back with buttocks up against wall and legs up the wall. Allow legs to drop out sideways along wall into a splits position. Keep toes pulled back feel a stretch in the inner thigh.

Sets:	
Reps:	
Weight:	
Hold:	60 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstrings - Seated

Sitting with both feet straight out in front, toes point to the ceiling.
Bend straight forward from the hips, keeping back aligned and chest up, to feel a stretch in the back of the legs.
Support body with hands on the floor.

Sets:	
Reps:	
Weight:	
Hold:	60 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Piriformis / Gluts - 'Runners Stretch'

From a 'hands and knees' position, stretch one leg straight back and sit down.
Lean chest down onto front knee to feel a stretch in the buttock.

Sets:	
Reps:	
Weight:	
Hold:	60 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31