



Stretching & Mobility Guide

01 | Hamstrings



Standing

Stand with one foot slightly in front of the other, with the front heel on the ground and toes pointed up .

Bend at the hips, keeping your back straight, and lower your chest towards your extended leg until you feel a stretch in the back of your thigh.



Prompted Leg

Stand with one foot on a surface (step, chair or low platform). Keep elevated leg straight.

Bend at the hips, keeping your back straight, and reach towards your toes, until you feel a pull in the back of your thigh.

Don't bounce: Bouncing can activate the stretch reflex and cause muscle contraction, which can lead to injury.



Belt Assisted

Lie on your back with both legs extended. Loop the belt/band strap around the arch of your foot, holding both ends with your hands.

Keeping the knee straight (or with a slight bend if needed), use the strap to gently lift your leg towards the ceiling, feeling a stretch in the back of your thigh.

Keep your back flat against the floor and engage your core muscles to stabilize and protect your lower back.

02 | Quads

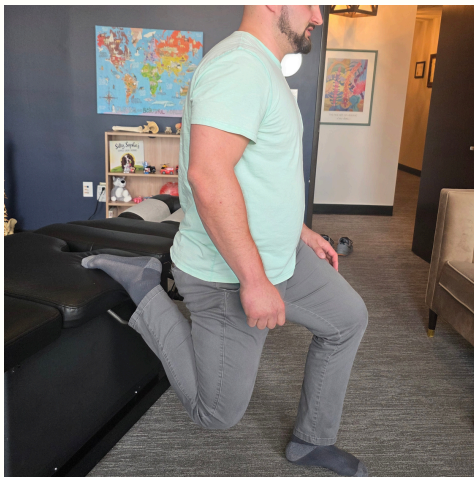


Standing

Stand upright with your feet hip-width apart. Use a wall or chair for balance if needed.

Grab your foot, bend one knee and reach back with the same side hand and grasp the top of your foot or ankle.

Gently pull your heel towards your buttocks, feeling a stretch in the front of your thigh. Keep your knees close together and your hip facing forward.



Prompted Foot

Kneel near a couch or wall. Place one knee on the floor with the top of your foot and shin against the wall or couch, ensuring your knee is in line with your hip.

Step your other foot forward into a lunge position, with your knee stacked over your ankle.

Lift your torso, keeping your shoulders stacked over your hips, and tuck your tailbone to engage your core.



Belt Assisted

Lie face down on a comfortable surface like a mat.

Take a strap or a sturdy towel and loop it around the ankle of the leg you want to stretch.

Use the strap to gently pull your heel towards your buttocks.

To maximize the stretch in the quads, keep your hips pressed firmly into the floor and avoid arching your back or twisting your hips.

03 | Calf Muscles

Against Wall

Stand facing a wall, about three feet away, with hands on the wall for support. Step one leg back, keeping toes pointed forward and the heel on the floor.

Keeping the back leg straight, lean forward by bending the front knee and pushing hips toward the wall. You should feel the stretch in the calf of the back leg.

Keep the back heel pressed into the floor and avoid letting the back foot "toe out," which can reduce the effectiveness of the stretch and potentially cause knee pain. Slightly rotating the toes of the back foot (inward or outward) can target different parts of the calf muscle.



Soleus in Plank Position

Begin on your hands and knees in a tabletop position, with your hands placed slightly in front of your shoulders.

Spread your fingers wide and tuck your toes under. On an exhale, lift your knees off the floor and press your hips up and back towards the ceiling, creating an inverted V shape with your body.

Focus on pressing your heels towards the ground, feeling the stretch through your calves. You don't need to force your heels to touch the floor; a slight bend in the knees is perfectly fine, especially if your hamstrings are tight.



Deepen the stretch: Hold the position, focusing on pressing your heels down and breathing deeply.

04 | PSOAS



Deep Lunge

Begin by extending the back leg as far back as possible and then kneel down.

Engage your core muscles to stabilize your spine and pelvis.

Gently push your hips forward, feeling a stretch in the front of the hip of the back leg.



Backwards Tilt

Begin by following the instructions above for the deep lunge psoas stretch.

Lean your upper body slightly backward, maintaining a straight back and open chest. This further intensifies the stretch in the front of your hip.



Backwards Tilt on Steroids

Begin by following the instructions above for the backwards tilt psoas stretch.

Keeping your core engaged, reach for your head with the same side hand as the leg you are stretching.

Then slowly rotate your torso to the opposite side and lean backwards.

05 | Glutes

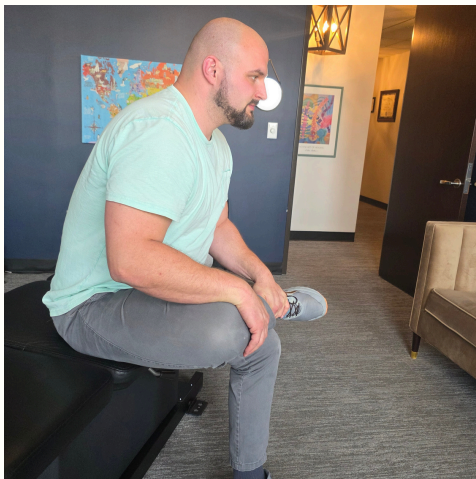


Seated

Sit upright in a chair with your feet flat on the floor.

Place the ankle of one leg on the opposite thigh, just above the knee.

Maintain this figure 4 position and gently push the bent knee downwards to intensify the stretch.

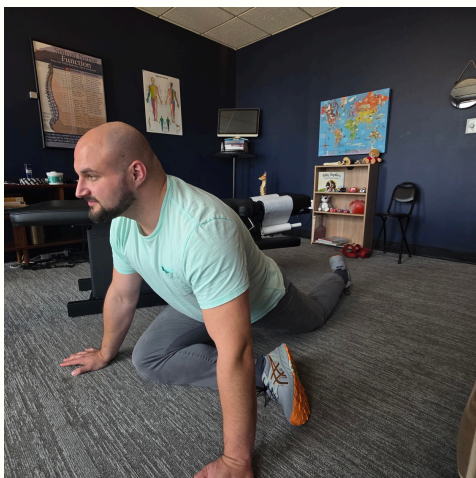


Seated with Tilt

Repeat the same set up as the Glute seated position.

When you are able to push the knee to be parallel to the ground, start tilting your torso forward to intensify the stretch.

To do so, keep your back straight, hinge at the hips and gently lean forward until you feel a stretch in your glutes.



Pigeon pose

Begin in a downward-facing dog position.

Bring your right knee forward towards your right hand, and position your right ankle towards your left hand.

Ideally, your right shin should be parallel to the front of the mat. Extend your left leg straight back, with the top of the foot resting on the mat.

Keep your hips square and level, pressing your hands down on the mat for support.

06 | Piriformis



Seated

Sit upright in a chair with your feet flat on the floor.

Cross one ankle over the opposite knee. For example, if you're stretching your right piriformis, cross your right ankle over your left knee.

Gently engage your core muscles to maintain a straight back.



Seated with a Tilt

Follow the same set up as the seated Piriformis stretch above.

Slowly lean forward from your hips, keeping your back straight, until you feel a stretch in your buttock and hip on the side of the crossed leg.

Hold the stretch for 20-30 seconds, then gently return to the starting position. Repeat on the same side and then switch to the other leg.



07 | Cobra



On the Elbows

Start by lying on your stomach: with your legs extended and feet together, or slightly apart.

Place your hands under your shoulders with elbows bent and close to your body.

By drawing your belly button towards your spine, engage your core.

Press down into your hands and lift your chest off the floor, keeping your elbows bent and close to your body.

Squeeze your shoulder blades together: and draw them down your back.

Gaze forward or slightly upward, depending on your comfort level and neck flexibility.



On the Palms

Repeat the same set up as above for the Cobra on your elbows position, but this time lace your palms flat on the floor beside your chest, fingers pointing forward, and elbows close to your body.

Inhale and press your palms firmly into the floor, lifting your chest, shoulders, and upper abdomen off the floor.

Extend: Keep your hips grounded on the floor and extend your spine, looking slightly upward or straight ahead. Avoid cranking your neck or straining your lower back.

Hold the pose for a few breaths, focusing on lengthening your spine and opening your chest. Exhale and gently lower your upper body back down to the floor, resting for a moment.



08 | Pecs



The Major (90 degrees)

Stand in a doorway with your elbows bent at 90 degrees and forearms resting against the doorframe, palms facing forward.

Step the opposite foot forward, gently leaning your body into the stretch, feeling it in your chest and front of your shoulders.

You can adjust the length of your arms from the doorframe or the degree of your lean to find the most comfortable and effective stretch. You can also intensify the stretch by rotating the torso to the opposite side.



The Minor (45 degrees)

Start with the same set up as the Pecs Major stretch above, but put the elbow at a 45-degree angle.

Step forward with the opposite foot, leaning into the stretch until you feel a gentle pull in your chest muscles.

To fully engage the pec minor, tilt the head back and to the opposite side.



09 | Shoulders



Lats

Find a doorway or sturdy object to hold onto.

Grip the edge with fingertips at about your hip height.

Step back slightly, and lean your hips back, without rounding your back.

You can also incorporate a slight rotation to target the stretch further.

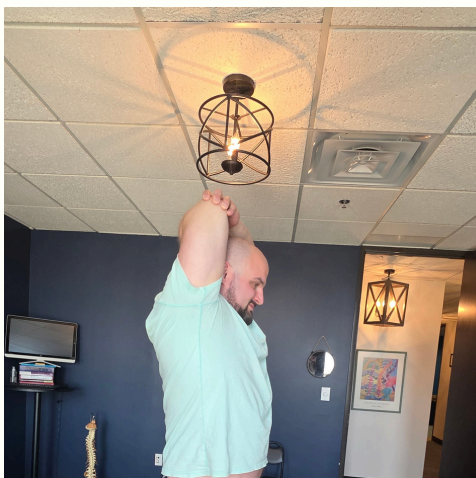


Variations of Lats

Begin with the Lats stretch above.

To intensify the tension you can rotate your torso towards to side you are stretching.

You might also want to “play” with the height of your hand placements and hip height to target different areas.



Triceps

Extend one arm straight up towards the ceiling.

Bend your elbow, bringing your hand down towards your upper back or behind your head.

Use your other hand to gently pull your elbow across your body towards the opposite side of your head.

You should feel a stretch in the back of your upper arm.

10 | SCM



SCM w/o Anchor

Sit or stand with your head upright and your shoulders relaxed.

Turn your head to the opposite side of the SCM you want to stretch. For example, if you want to stretch the right SCM, turn your head to the left.

Gently tilt your head back and slightly towards the opposite shoulder.

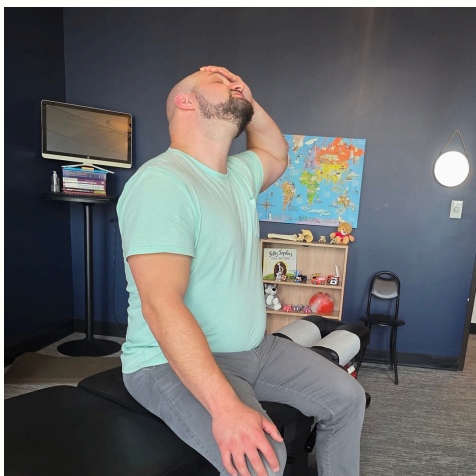
SCM w/ Anchor

Sit onto the chair and place your hand under the glute opposite side of what you're stretching.

Turn your head to the side you want to stretch, for example, to the right.

Gently tilt your head towards your right shoulder, keeping your chin tucked slightly.

Hand Support (Optional): You can use your left hand to gently apply pressure on the right side of your head, increasing the stretch.



11 | Wrist



Flexors

Sit or stand with your arms straight, palms connected and facing each other.

Slowly rotate your forearm, turning your palm downwards.

Hold the extended position for a few seconds.

Repeat this movement 10-12 times for 2-3 sets.



Extensors

Sit or stand with your arms straight, palms connected and facing opposite of each other.

Slowly rotate your forearm, turning your palm upwards.

Hold the flexed position for a few seconds.

Slowly return to the starting position.

Repeat this movement 10-12 times for 2-3 sets.



12 | Reverse Hypers

Single Leg

Lie face down on a bench, or mat, with your feet hanging off the edge. Your torso should be supported, and your legs extended behind you.

Brace your core and slightly raise one leg off the ground, keeping it straight and avoiding any lower back hyperextension.

Slowly lower the raised leg back to the starting position, maintaining control throughout the movement.

Continue alternating between legs for the desired number of repetitions.

Focus on hip extension:
The movement should originate from the hips, not the lower back.



Double Leg

Use the same starting position as with the Single Leg Reverse Hypers.

In this variation, you will be lifting both legs at the same time.

Ensure your legs are straight and your core is engaged.

Squeeze your glutes and hamstrings to lift your legs, extending your hips, until they are roughly parallel to your torso.

Slowly lower your legs back to the starting position in a controlled manner.



13

Lumbar Spine



Spinal Pushes

Lie on your back with your knees bent and feet flat on the floor/ surface. Place hands under lower back.

Tighten your belly muscles by pulling your belly button towards your spine and press your lower back to the floor.

Do not lift your upper body or tilt your pelvis during this exercise. You should feel pressure on your hands.

To intensify the exercise, perform with the legs down.

Knee Touches

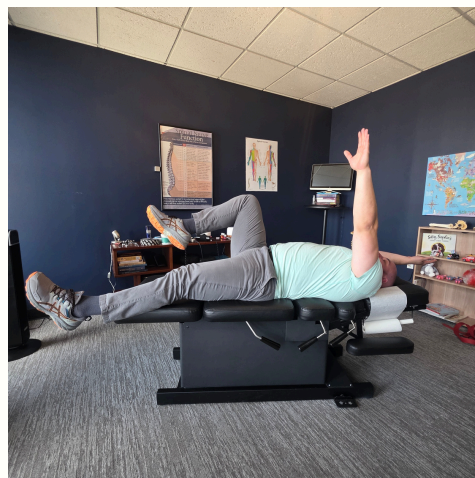
To do knee touches, lie flat on your back with your hands flat on your thighs, knees bent, and feet on the floor.

Lift your knees so that they form a 90-degree angle, then bring your head toward your knees and sliding your hands along your thighs by crunching your stomach muscles.

Return to the starting position before repeating



14 | Dead Bugs



Start by lying down on your back (in supine) on an exercise or yoga mat with your knees bent.

Keeping the natural curvature of your spine, lift both legs up into a table top position (knees and hips bent at 90 degrees).

Raise your arms so they are both pointing straight towards the ceiling.

Maintaining a neutral spine, extend your right leg whilst simultaneously raising your left arm overhead in a controlled manner.

Return your arm and leg to the starting position, then switch to repeat the movement on the opposite side.

To make this exercise harder, begin with both knees straight and hips at 90 degrees.

15 | Upper Back



Overhead Press

Stand with your back against a wall. Feet heels, back, and head should be touching the wall. Position your arms against the wall, forming a "W" shape with your elbows at shoulder height.

Keep your lower back pressed against the wall. Slowly slide your arms up: Keep your elbows, forearms, and wrists against the wall as you slide your arms up towards the ceiling, forming a "Y" shape.

Maintain contact with the wall as you return to the starting position.



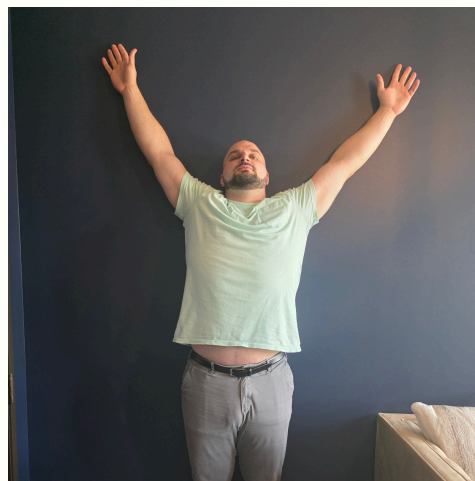
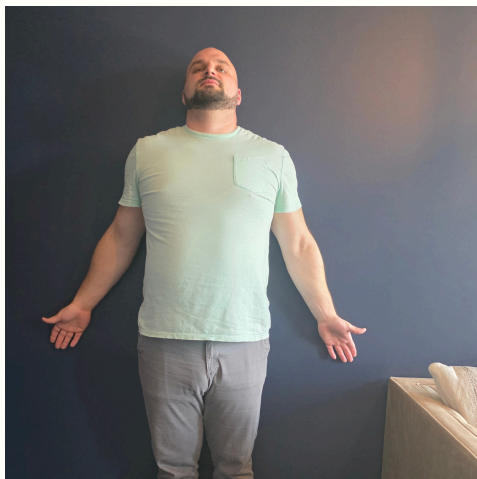
Supermans

Lie on your stomach with arms extended in front of you and legs extended behind you.

Simultaneously lift your right arm and left leg off the ground, keeping your torso and hips on the floor. Hold this position for a few seconds. Slowly lower your arm and leg back to the starting position. Repeat the movement with your left arm and right leg.



16 | Wall Angels



Stand with your back against a wall, feet a few inches away from the wall, knees slightly bent.

Tuck your chin, flatten your lower back against the wall (posterior pelvic tilt), and lower your shoulders away from your ears.

Bring your arms up to shoulder height with elbows bent and hands at shoulder level, palms facing forward.

Keeping your back, head, elbows, and hands against the wall, slowly slide your arms up and overhead, extending them towards the ceiling as much as possible.

Slowly slide your arms back down to the starting position and repeat.

17 | Neck



Head Tilts

Sit or stand with your head held upright, looking straight ahead.

Slowly move your head backward, aiming to bring the back of your head closer to your upper back.

You should feel a stretch in the front of your neck, but avoid any sharp pain.

Hold the tilted position for a few seconds, then slowly return to the neutral position.



Head Pushes

Lie on your back on the mattress with your head resting on the surface. Ensure that your head is near the edge, so your neck has room to move backward. You should not use a pillow for this exercise.

Gently push the back of your head into the mattress while simultaneously tucking your chin in so your neck moves backward. This motion should be as if you're trying to create a double chin. Avoid tilting your head up or down, or bending your neck forward. The movement is very small and you should feel tension in the deep muscles behind the neck.

Hold the tucked position for 3 to 5 seconds. Relax and repeat.



18 | Hips Rolling



TFL - Tensor Fascia Latae

Lie on your side with the roller under your waist at the belt-level.

Slowly roll your body back and forth over the roller, applying pressure to the tight area.

If you find a particularly tight or tender spot, hold the pressure on that area for 5-10 seconds.



Glutes

PSit on the roller lob-sided towards the glute you want to roll.

Roll from your hips to your sit bones. Slowly roll your body back and forth over the roller, applying pressure to the tight area.

If you find a particularly tight or tender spot, hold the pressure on that area for 5-10 seconds.

To intensify this activity, cross the leg you are working on into a figure 4 position.



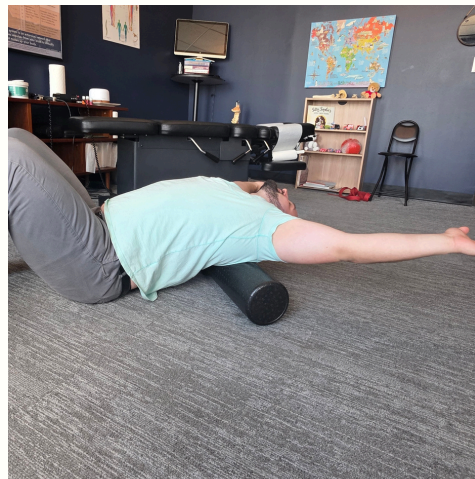
IT Band

Place the foam roller on the floor and position your body so the top of your hip is centered on the roller.

Slowly roll your body up and down over the roller, so that pressure is applied from the hip to the knee;

If you find a particularly tight or tender spot, hold the pressure on that area for 5-10 seconds while flexing and extending the bottom knee.

19 | Back Rolling



Place the foam roller on the floor and position your body so the target area is centered on the roller.

Lie on your back with the roller under your upper back and roll from your upper back to your mid-back, opening your chest and shoulders.

When you reach the lower part of your thoracic hump, stay there and allow your arms to fall to the side. Slowly extend the arms from the side to above the head.

CAUTION: When using a roller on your back, you never want to flex forward to get off the roller. Always roll to one side and then lift yourself up.