

Quality Flexibility Session

Warm up and jumps

- Run around gym – clockwise ~ anti-clockwise – **increase blood flow and muscle elasticity**
- Side skips facing in and out – loosen groin muscles - (**outer and inner hip / upper leg muscles**)
- Walk around gym reaching up as far as possible - (**full body lengthen**)
- 20 tip toe high jumps - (**calf / gastronemius strengthening**)
- 20 tuck jumps - (**calf / gastronemius strengthening**)

Warm up mobility

- Neck rolls – do not roll neck 360 degrees only from 1 side to the other – forwards and backwards
- Roll shoulders backwards and forwards – **stretch shoulder, chest and upper back muscles**
- Reaching arm circles – **greater stretch and greater range of motion**
- Core circles – enlarge – **stretch lower back muscles and abdominals**
- Reach down feet apart – to knees, to shins, to ankles, as far down as possible – **stretches hamstrings**
- Reach down feet together – to knees, to shins, to ankles, as far down as possible – **stretches hamstrings** further
- Ankle rolls and wrist shake outs

Static and Passive Shoulder Stretches

- Arm straight on wall – lean away to stretch shoulder – **stretches pectorals (main chest muscles)**
- Partner passive shoulder stretch – **stretches pectorals**
- Holding pole – arms straight travel over forwards and backwards – wider to narrower grip – **challenging chest stretch – narrower grip = more challenging**

Back and Sides strengthening and stretching

- Sit down – right leg bent up, left leg straight – take left arm across body and pull against right thigh – change – **stretches oblique muscles that run the sides of your body covering ribs**
- Back lifts – laying on front and lift chest and legs up – perform reps or holds – **strengthens erector spinae group muscles that run the spine and width of back**
- Crab / bridge positions – **test vertebral column's range of movement and lower back muscles**
- Shoulders over hands and perform crab / bridge rocks – **stretches muscles around shoulder and chest**

Hamstring & groin stretches

- Stand and 1 leg bent sideways with knee over foot – the other leg straight with toes facing forward – **stretches hamstrings of straight leg**
- Sit down – legs apart – back of knees on floor – reach down 1 leg – then the other – **stretch hamstrings**
- Bring 1 foot into groin (i.e. leg bent), reach down straight leg – change – **can stretch hamstring further**
- Sit down bending legs and bringing feet together creating a diamond shape – hold position – **stretch groin muscles that move the legs inward**

Gluteus Maximus and Achilles

- Lay down – pull 1 knee towards your chest and flex your toes up – change – **stretches the buttocks (gluteus maximus) and the Achilles tendon**
- Partner press straight leg down – **stretches the hamstrings**

Ankles

- Roll foot in circular motion using hands to increase range of motion – **stretch the tibialis anterior that run the length of the front shin**