

FLEXIBILITY EXERCISES – Phase 01

1. Gluteus Maximus



- Start on your back.
- Put your right ankle on your left knee (and vice versa).
- Clasp your hands under your legs and pull your legs towards your chest until you feel a stretch in your buttock area.
- Hold for 30 secs.
- Repeat x 2 each leg.

2. Hip Flexor



- Start in kneeling position, put your back leg on the floor.
- Prop your arms on your knee to stabilise your trunk.
- Keep your back leg straight.
- Push your hips forward until you feel a stretch in your hip flexors.
- Avoid an arched low back by tightening your stomach muscles!
- Hold for 30 secs.
- Repeat x 2 each leg.

3. Lying ITB



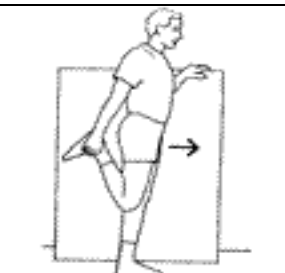
- Lie on your side on the floor, with your bottom leg bent, and top leg straight.
- Pull the top leg behind you and lower chest down.
- Localise the movement to the hip alone, do not allow the pelvis to tip.
- Hold for 30 secs.
- Repeat x 2 each leg

4. Standing ITB



- Stand side-on to a wall.
- Take your right leg behind your left leg, keeping both legs straight.
- Side flex to the left, taking your right arm behind your head.
- Hold for 30 secs.
- Repeat x 2 each leg

5. Quadriceps



- Start in a standing position (if necessary hold on to something).
- Grab your right foot with your right hand (and vice versa).
- Now pull your heel slowly towards your buttock until you feel a stretch in your quadriceps muscles. Hold.
- The knee points downwards. Avoid an arch in your back by actively tightening your stomach muscles
- Hold for 30 secs.
- Repeat x 2 each leg



6. Hamstrings

	<ul style="list-style-type: none"> • Start by lying on your back. Grab your thigh and pull it toward your chest. • Extend your leg slowly while keeping your thigh to your body until you feel a stretch in your hamstrings • Keep the other leg as straight as possible on the floor. • Hold for 30 secs. • Repeat x 2 each leg
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7. Standing Hamstrings

	<ul style="list-style-type: none"> • Stand in front of a waist-high bench, and place your right foot on it. • Keeping your leg straight, lean forwards moving from the hip until you feel a stretch at the back of your thigh alignment. • Take care to ensure you maintain a flat back and avoid arching. • Repeat bending your knee slightly • Hold for 30 secs. • Repeat x 2 each leg
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8. Gastrocnemius

	<ul style="list-style-type: none"> • Start in a step position, your back leg straight and your arms propped on your thigh. • Push the heel of your back leg toward the floor until you feel a stretch in your calf. The wider you step the more you can stretch. • Hold for 30 secs. • Repeat x 2 each leg
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9. Soleus

	<ul style="list-style-type: none"> • Start in a step position, with both legs bent. • Shift your weight down and forward until you feel a stretch in your calves. • Keep your back heel on the floor. • Hold for 30 secs. • Repeat x 2 each leg
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10. Spine Rotation

	<ul style="list-style-type: none"> • Start in a step position, with both legs bent. • Shift your weight down and forward until you feel a stretch in your calves. • Keep your back heel on the floor. • Hold for 30 secs. • Repeat x 2 each leg
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FLEXIBILITY EXERCISES – Phase 01

11. Spine Roll



- Lie on the floor, drawing your knees up to your chest.
- Grip your knees and pull them into your chest and up towards your shoulders, creating a rocking motion in the lower spine.
- Hold for 30 secs.
- Repeat x 2 each leg

Weekly Recorder

FLEXIBILITY EXERCISE Phase 1	TIME	REPS	S	M	T	W	T	F	S
1. Gluteus Maximus	30sec	2L & 2R							
2. Hip Flexor	30sec	2L & 2R							
3. Lying ITB	30sec	2L & 2R							
4. Standing ITB	30sec	2L & 2R							
5. Quadriceps	30sec	2L & 2R							
6. Hamstrings	30sec	2L & 2R							
7. Standing Hamstrings	30sec	2L & 2R							
8. Gastrocnemius	30sec	2L & 2R							
9. Soleus	30sec	2L & 2R							
10. Spine Rotation	30sec	2L & 2R							
11. Spine Role	30sec	2L & 2R							

- Greater Flexibility will assist in prevention of soft tissue injuries and increase recovery after training and playing.
- Alternate daily between Core Strength Phases 1, 2 and 3 and work on Flexibility every day.

**YOU CAN EASILY FIND TIME TO
GET THINGS DONE AND ACHIEVE,
JUST AS EASILY AS
YOU CAN MAKE EXCUSES TO PUT THINGS OFF AND FAIL.**

