



# FLEXIBILITY EXERCISES – Phase 01


## 1. Gluteus Maximus

	<ul style="list-style-type: none"><li>• Start on your back.</li><li>• Put your right ankle on your left knee (and vice versa).</li><li>• Clasp your hands under your legs and pull your legs towards your chest until you feel a stretch in your buttock area.</li><li>• Hold for 30 secs.</li><li>• Repeat x 2 each leg.</li></ul>
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## 2. Hip Flexor

	<ul style="list-style-type: none"><li>• Start in kneeling position, put your back leg on the floor.</li><li>• Prop your arms on your knee to stabilise your trunk.</li><li>• Keep your back leg straight.</li><li>• Push your hips forward until you feel a stretch in your hip flexors.</li><li>• Avoid an arched low back by tightening your stomach muscles!</li><li>• Hold for 30 secs.</li><li>• Repeat x 2 each leg.</li></ul>
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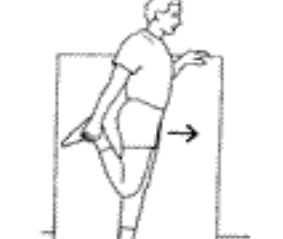
## 3. Lying ITB

	<ul style="list-style-type: none"><li>• Lie on your side on the floor, with your bottom leg bent, and top leg straight.</li><li>• Pull the top leg behind you and lower chest down.</li><li>• Localise the movement to the hip alone, do not allow the pelvis to tip.</li><li>• Hold for 30 secs.</li><li>• Repeat x 2 each leg</li></ul>
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## 4. Standing ITB

	<ul style="list-style-type: none"><li>• Stand side-on to a wall.</li><li>• Take your right leg behind your left leg, keeping both legs straight.</li><li>• Side flex to the left, taking your right arm behind your head.</li><li>• Hold for 30 secs.</li><li>• Repeat x 2 each leg</li></ul>
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## 5. Quadriceps

	<ul style="list-style-type: none"><li>• Start in a standing position (if necessary hold on to something).</li><li>• Grab your right foot with your right hand (and vice versa).</li><li>• Now pull your heel slowly towards your buttock until you feel a stretch in your quadriceps muscles. Hold.</li><li>• The knee points downwards. Avoid an arch in your back by actively tightening your stomach muscles</li><li>• Hold for 30 secs.</li><li>• Repeat x 2 each leg</li></ul>
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## 6. Hamstrings

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

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

	<ul style="list-style-type: none"> <li>• Start in a step position, your back leg straight and your arms propped on your thigh.</li> <li>• 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.</li> <li>• Hold for 30 secs.</li> <li>• Repeat x 2 each leg</li> </ul>
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## 9. Soleus

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

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

