

WARM UP (Dynamic stretches)

1: WALKING CALF



1

- Position your body as if on sprint starting blocks
- Stretch calves by alternating heel touches on the ground (pause 1-2 seconds)
- Complete 4-6 movements each leg, rest, repeat

2: LUNGING SIDE BEND



2

- Standing, take a long step forward and drop into a lunge
- Pause with one hand on hip
- With the other hand, reach over the top your head
- Pause 1-2 seconds and then return to standing position
- 4-6 movements each side, rest, repeat

3: HURDLE BACK & HURDLE FORWARD



3

BACKWARD

- Stand with hands on hips, raise one leg in front, knee at 90°, lower leg naturally hanging
- Keeping the leg at 90°, rotate leg around to side and slightly behind torso
- 4-6 hurdles each side, rest, repeat

FORWARD

- Repeat hurdle except in forward direction

4: TRUNK ROTATION



4

- Lie on the floor with arms stretched out, palms downward, raise knees to 90°, keeping legs together
- Slowly lower legs to one side and then the other while keeping shoulder on the ground (pause 1-2 seconds each side)
- Movement to the side should be comfortable and not cause lower back pain or discomfort
- 4-6 movements from side-to-side, rest, repeat

5: WALL SHOULDER PRESS



5

- Lean against wall with back, head, shoulders and top of arms in contact with wall, feet apart (just outside shoulder width) with knees slightly bent
- Bend elbows and slowly raise both hands above head until completely straight, feeling stretch through the shoulders (pause 1-2 seconds)

- Maintain contact against wall
- Return slowly to start position
- Repeat 4-6 times, rest, repeat

6: LATS PULSE



6

- Stand with feet outside shoulder width and slightly bent knees
- Lean forward with a flat back, place hands against wall
- With head facing downwards "pulse" slightly down (pause 1-2 seconds) and back up in a controlled manner
- 4-6 pulses, rest, repeat

COOL DOWN (Static stretches)

1: SHORT AND LONG CALF



1

- Keeping front leg straight, place ball of the foot against a wall, with heel on the ground
- With an upright torso and hands on wall, push hips forward to feel stretch along the entire calf
- Hold for 30-60 seconds, rest, repeat each side

2: ADDUCTOR/HAMSTRING



2

- Sit on the ground, legs apart and flat on the ground, lean forward with a straight back
- Hold for 30-60 seconds, rest, repeat

3: HIP FLEXOR/QUAD



3

- Kneel on ground with front knee at 90°
- Back straight, chest out, pushing forward
- Hold for 30-60 seconds, rest, repeat each side

4: CHEST



4

- Stand side on to wall, closest leg forward
- Place forearm on wall, elbow at 90° and at/slightly above line of the shoulder
- Turn upper body away from wall
- Hold for 30-60 seconds, rest, repeat each side

5: LOWER BACK



5

- Lie on the floor with arm stretched out, palm downward. Raise one leg to 90°, cross over the other and use your other hand to stabilise the leg
- Movement to the side should be comfortable and not cause lower back pain or discomfort
- Hold for 30-60 seconds, rest, repeat each side

6: LATS STATIC



6

- Stand with feet outside shoulder width and slightly bent knees
- Lean forward with a flat back, place hands against wall and head facing downwards
- Hold for 30-60 seconds, rest, repeat

Get stretching

One of the best ways to keep your body flexible and reduce the chances of injury is to stretch. Here's some tips for you:

- Avoid stretching cold – your muscles need to be warm before you start
- Start with LIGHT AEROBIC ACTIVITY before you start stretching, then go through our dynamic warm up stretches
- Avoid stretching to the point of pain – take each stretch to the point of some tension, hold, then release. The more often you do them, the more flexible you will become
- BREATHE NORMALLY while stretching – avoid holding your breath
- AVOID BOUNCING when you stretch – take it slow and steady and relax into each movement
- Pay special attention to LARGER MUSCLE GROUPS or those that you are about to work hard
- Remember to COOL DOWN with some static stretches afterwards

For more information on how to prevent sports injuries, visit www.acc.co.nz or www.activesmart.co.nz

