

Stretching

Please try to do the following stretches at least twice a week after any UT2 or UT1 sessions. Do the stretches immediately after your cool down. Each stretch should be held for 45 to 60 seconds and should be repeated three to five times at least. This session twice a week will help improve your posture, core and flexibility.

Where stretches can be done on both sides of the body only one side is shown. Ensure that you stretch both sides equally.



Neck extensors - flex the chin to the chest



Triceps - place your right hand behind your neck. Use the left hand to apply pressure to the elbow, drawing the elbow behind the head. Ensure shoulders are relaxed.

Deltoids - reach across the front of the body, using the other arm to draw the arm across. Ensure that the shoulders are kept low.



Pectorals/Biceps - stretch both arms behind you, keeping the elbows straight and the thumbs pointing upwards. Ensure that you do not bend forwards.



Achilles - as for the Gastrocnemius and Soleus but bend the back leg bringing the knee towards the floor, keeping the heels on the floor.



Hip flexors Psoas/Quadriceps - stand astride, stretch forwards, dropping the left knee towards the floor, allowing the heel to raise. Keep the body upright.



Abductors - stand astride, with feet parallel, keep the left leg straight, bend the right knee and stretch until the knee is over the right foot.



Quads - keeping your inner thighs and knees together push your left foot into your hand and push the hips forwards.



Hamstrings, Gastrocnemius (straight leg) and Soleus (bent leg) - stand astride with your front foot resting on your heel with your toes pointing upwards. Stretch forward over the front leg bending your back knee, keeping the heel in contact with the floor. Use your arms to support your weight on your bent knee. Keep your back flat and head up.



Hamstrings - lie flat on the floor, lift the left leg with the knee bent until the thigh is at a right angle to your body. Holding around the thigh, gently straighten the leg until you feel the stretch. The right leg should be bent with foot flat on the floor



Piriformis, Buttock & Lateral Torso - sit upright, place your left foot flat on the floor and place the right elbow behind the left knee. The left hand should provide support behind the body. Twist your upper body towards the left hand.

