

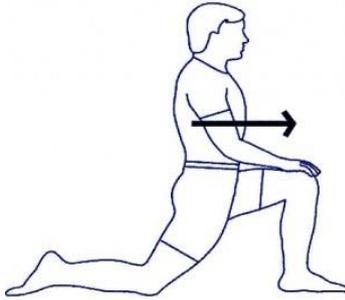


## RI NRC Flexibility Exercises 2020

### Notes

1. To get the most benefit from these perform all these stretches while warm i.e after your session or if doing this as a dedicated stretching session spend 10 minutes on a bike erg or a light jog to get blood flowing and muscles warm
2. Hold all of these stretches for at least 30 seconds after your session ideally for 1 minute. If doing this as a session of itself, spend 3 minutes in each position.

## Hip Flexor and Quadriceps



1. Get into a lunge allowing the knee underneath your hip to rest on the ground
2. Squeeze your Glute together and push your hips forward slightly keeping your torso upright (Raise arms overhead to increase stretch)
3. Add reach above the head to get extra stretch

## Hip Flexor and Quadriceps Progression



1. Bring your back foot into the above position, use a bench if helps
2. Squeeze your glute together keeping your torso upright

## Hip flexor stretch variation for thoracic rotation



Add this variation to your hip flexor stretch

1. If the right leg is forward
2. Place your left hand by your foot on the ground
3. Reach the right hand to the ceiling to open your chest

## Hamstrings



1. Sitting in an upright position extend one leg out in front of your while bringing the opposite foot towards the opposite knee
2. Lean forward attempting to grab your toes with your near hand
  - a. If this is very difficult grab your ankle, knee or shin going to a point where you feel a stretch but it is still comfortable
  - b. If this is too easy lean forward more trying to grab the heel of your foot

## Hamstrings Progression



1. Lying down and using a band/strap wrapped around your foot
2. Pull your leg up towards the sky to the point where you feel a comfortable stretch
3. It is important to keep the opposite leg flat on the ground if it begins to lift lower the leg you are stretching.

## Groin



1. Getting into a lunge position begin to extend one leg behind you allowing the knee to rest on the ground
2. Allow both hands to rest beside the front foot. If possible, slowly bring your forearms to the ground. If this makes the stretch too much remain with your hands on the ground with elbow slightly bent

### Groin Progression



1. Starting on both knees extend one leg to the side like so using your hand for balance
2. To intensify the stretch, remove your hand from the ground and sit up tall

### Glutes



1. Begin the bottom of a glute bridge then cross one leg over the other with your ankle/lower shin resting above the opposite knee like above
2. To increase this stretch, lift the foot resting off the ground and gently pull the ankle/shin of the stretching leg closer to your chest

### Glutes Progression



1. Begin in a lunge. With the leg out in front walk the foot across your body and drop the knee to the ground. Make sure the leg behind is full extended like above
2. If you feel a strong stretch with this stay keep your torso upright. If not drop your torso the ground and extend your arms out straight to sink your chest closer to the ground

## Calf



Standing near a door/wall get into a lunge and push away with your arms pushing the rear foot into the ground to get a stretch in your calf.

## Calf Progression



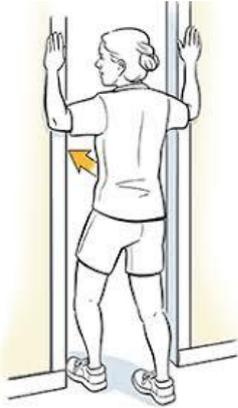
Back leg bends at the knee, "sit" into the stretch, 30sec x3 each

## Back



1. Begin on your hands and knees and push your chest down into the ground. Hold this for 5-10 seconds
2. Slowly begin to arch your back up to the sky tucking your chin into your chest holding again for 5-10 seconds
3. Repeat this 10 times

### Chest/Shoulder



1. Standing in a doorway rest elbows and forearms either side of the door.
2. Stand through with one leg

### Progression



1. Begin on your knees and walking your hand in front of you sinking your chest to the ground
2. To increase this, walk your hands out further away from you

### Lats, upper back



Sitting on heels, arms stretched out on swiss ball (or hands on sofa, kneeling on ground at home if no swiss ball), sink chest towards ground. Hold, relax breathing, x60sec x2/3

### Thoracic Rotation- Lying on your side



1. Knees and hips bent up to 90/90
2. Both hands behind your head. Elbows high
3. Keep the hips stacked/top knee forward
4. Swivel top elbow to the ceiling opening your chest
5. Turn the head to the ceiling as you open the arms.
6. Breath into the stretch
7. Return to start

1.

### Mermaid



1. Sitting in Z sit
2. One foot is on the inside of the opposite thigh. The other foot is wide out to the side behind you.
3. Move towards the pointy knee first (for e.g. to the L in photos below)
4. Drop the L elbow on that side to the floor and reach the R hand overhead
5. Sit back up tall
6. Grab your L shin with your L hand and reach the R arm to the ceiling crossing the midline if you can.
7. Swap legs around and repeat.