


Hamstring Stretch

- 1) Feet shoulder distance apart, bent over at the waist, buttocks pushed backwards and upwards from the hip
- 2) Keeping the back straight and chest forward, lower the hands.
- 3) Reach forward away from the feet as far as you can, keeping the legs straight. **DO NOT** bounce, or force the stretch.


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Hamstring, Quads & Adductor Stretch

- 1) Keeping the front leg as straight as you can and the back leg bent, lean forward, bending over the straight leg, while trying to keep the back straight
- 2) When you feel a pull at the back of the leg behind the knee, breathe out and hold the stretch for up to 10 sec.
- 3) **DO NOT** force the movement as this can damage the ischial hamstring attachment.
- 4) Leaning backwards in line with the straight leg will stretch the adductors and quadriceps of the bent leg.
- 5) Repeat on other side.

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Half Squat

- 1) Both legs straight, one in front of the other
- 2) Bend at the knee until the knee of the leading leg is just over the toe. Keep the pelvis straight and the knee in line with the foot, which works the hip stabilisers and external rotators.

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