

Hamstring, Calf Stretch

Keep your back straight - Put pressure above the knee to stretch your leg, lower your hip while pulling your foot towards you (flexion of the ankle)

You could also do this sitting on the edge of a chair, lean forwards, feel pull in hamstring and calf.

Hold for 15 seconds

Relax

Repeat 3 times

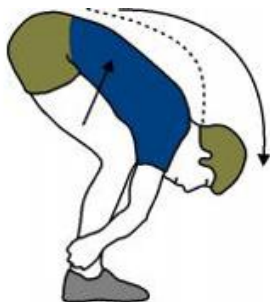
Repeat through day



Flexibility / Thigh Buttocks Stretching



Flexibility / Back Glutes Hamstrings Stretching



Flexibility / Quadriceps Stretching

Keep abs tight



Chair Trunk Rotation / Stretching

Back straight and abs tight

Turn your shoulders and head but keep your buttocks on place

Grab the back of your chair to get a better stretch

Hold the stretch for a count of 10

Relax

Repeat 5 times each side



Ardha Chandrasana I

Keep back and arms aligned with the hip

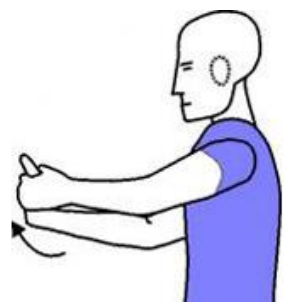


Forearm / Wrist Flexibility

Keep your back straight and abs tight - Keep the arm straight in front of you, with the opposite hand get the hand with your fingers down and pull slowly towards you.



Forearm / Wrist Flexibility



Flexibility / Shoulder Stretching

Place the arms parallel to the ground at the height of the neck and pull on the elbow with the opposite hand - Alternate



Flexibility / Shoulders Chest Stretching

Hold each position for 15 seconds.

Repeat x 3

