


















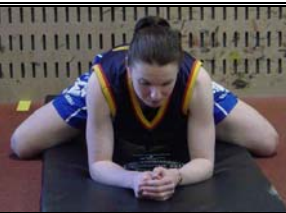












Sports Specific Yoga/Stretching Sheets



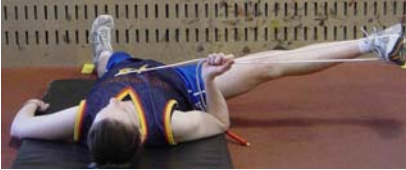




When stretching, it is important to concentrate on breathing. Breathe deeply from your stomach - in through your nose and out through your nose. It is important to relax through your body and the muscles that you are stretching when you breathe out. This will help you to increase range of movement. Hold each stretch for approx 5-10 breaths.







	<p>Centre your body and connect to the core</p> <p>Inhale, raise your arms and look up to your hands</p> <p>Exhale, lower your upper body to the floor into a hamstring stretch</p>
	<p>Place hands flat on floor and look up, either step or jump back with both feet into the push-up position, on toes and hands</p>
	<p>Lower chin and scoop the body towards the floor up into the upward dog posture and look up</p>
	<p>Downward dog</p> <ul style="list-style-type: none"> • Put even weight on both hands and feet. • Straight legs/bend knees slightly if back is arched • Push hips high • Push heels down
	<p>Standing hammy</p> <ul style="list-style-type: none"> • Legs wide apart • Knees slightly bent • Stretch hands forward and sit bottom back
	<p>Adductor stretches</p> <ul style="list-style-type: none"> • Legs wide apart • Knees slightly bent • Reach both hands through legs and grab ankles and pull head through between legs
	<p>Standing Hammy</p> <ul style="list-style-type: none"> • Legs together • Bend knees and lock hands under feet • Aim to bring the legs to a slight bend • Work at getting chest toward knees

	<p>Standing body Extension</p> <ul style="list-style-type: none"> • Legs straight and wide apart • Turn one foot out • Extend arm and lengthen through body towards the foot turned out
	<p>Standing Extended Triangle</p> <ul style="list-style-type: none"> • Legs straight and wide apart • Turn one foot out • Keeping the chest open • Using the same arm as the leg turned out • Take arm down leg towards the floor
	<p>Standing rotation</p> <ul style="list-style-type: none"> • Legs wide apart, one foot turned out • Bend the knee of the turned out foot and lunge forward • Take same arm as bent knee down to the floor • Bring opposite arm up and stretch over the turned out foot
	<p>Standing Spine rotation</p> <ul style="list-style-type: none"> • Legs wide apart, one foot turned out • Bend the knee of the turned out foot • Bring opposite arm across knee and push down • Keep arms straight and try to open up through the chest
	<p>Standing Hip flexor</p> <ul style="list-style-type: none"> • Standing with one foot forward • One foot back, the foot that is back, heel up • Bend back knee slightly into a lunge position • Tuck bottom under and push hip forward • Suck belly button in
	<p>Hip Flexor</p> <ul style="list-style-type: none"> • One knee bent on floor, other foot forward • Keep chest up, push hip forward and down • Pull belly button in • Can also bring the same arm as the knee that is on the floor up and stretching over
	<p>Hip Flexor</p> <ul style="list-style-type: none"> • One knee bent on floor, other foot forward • Keeping chest up, lean forward over the bent knee • Pushing opposite hip towards the floor • Keep the front knee behind toes

	<p>Quads</p> <ul style="list-style-type: none"> • One knee bent on floor, other foot forward • From the knee that is on the floor pull that foot up behind • Keep chest up and push hip forward while pulling foot towards bottom
	<p>Hammy</p> <ul style="list-style-type: none"> • One knee bent on floor, other foot forward • Keep front foot flat and knee slightly bent • Keep chest up and push bottom back
	<p>Hammy</p> <ul style="list-style-type: none"> • One knee bent on floor, other foot forward • Straighten out the front leg • Stretch hands forward, sit bottom back, keep chest up
	<p>Adductor</p> <ul style="list-style-type: none"> • One knee bent on floor, other foot forward • Straighten out the front leg • Place the same arm as straight leg in line with knee • Opposite arm straight up • Keep chest open and sit bottom back
	<p>Glutes</p> <ul style="list-style-type: none"> • One leg bent and at 90deg • Keeping leg up and other leg straight • Push straight leg back • Keep long through the chest • Can take chest to floor
	<p>Groin</p> <ul style="list-style-type: none"> • In prone position, knees apart, feet together • Keep pelvis square • Push bottom up and back towards feet • Can take body across to each knee
	<p>Seated hammy/lower back</p> <ul style="list-style-type: none"> • Legs out in front and together • Keeping chest up • Stretch forward with hands and try to bring chest towards knees
	<p>Adductors/lower back</p> <ul style="list-style-type: none"> • Legs in front and wide apart • Keep legs straight, keeping chest up • Stretch forward, if you can, reach around and hold onto feet

	<p>Back/lats</p> <ul style="list-style-type: none"> • Legs in front and wide apart • Keep legs straight, keeping chest up • Bring one hand out behind you and the opposite hand to the outside of the opposite foot and pull back
	<p>Lower back/QL</p> <ul style="list-style-type: none"> • One leg bent in, other leg straight • Bring opposite arm under bent leg and grip onto knee • Bring other arm up and keeping chest open stretch towards straight leg foot
	<p>Groin</p> <ul style="list-style-type: none"> • Sitting up tall, feet together, knees apart • Hands on ankles, elbows pushing down on knees
	<p>Thoracic spine</p> <ul style="list-style-type: none"> • Sitting up knees apart, feet together • Put hands under calf muscles and hold feet • Chin on chest keep arms locked under and pull back
	<p>Spine mobility/glute</p> <ul style="list-style-type: none"> • One leg straight, other bent and across straight leg • Hug knee into chest or bring opposite arm across bent knee • Push against that knee and look over opposite shoulder
	<p>Traps</p> <ul style="list-style-type: none"> • Knees bent, feet close to bottom • Holding onto ankles • Lie back, keeping head off the floor
	<p>Hip flexor/lower back</p> <ul style="list-style-type: none"> • Lying on back • Hug one knee into your chest • Other leg straight
	<p>Lower back</p> <ul style="list-style-type: none"> • Lying on back • Hug both knees into your chest • Bring your chin to your chest and nose to your knees

	<p>Back flexion</p> <ul style="list-style-type: none"> • Lying on back • Hugging knees into chest • Do a roll back • Put your legs over your head • Supporting yourself on your shoulders
	<p>Skipping rope routine Hammy/calf</p> <ul style="list-style-type: none"> • Lying on back • Skipping rope under one foot • Bring that leg up and keep knee slightly bent • Pull leg towards you and push heel to ceiling • Keep opposite leg straight and on the floor
	<p>Adductor</p> <ul style="list-style-type: none"> • Lying on back • Both legs straight • Rope under one foot • Keeping hips square, butt flat • Pull leg up, then drop leg out and pull towards shoulder
	<p>Lower back/Glute</p> <ul style="list-style-type: none"> • Lying on back • Rope under one foot • Pull leg over body, knee slightly bent • Take foot towards floor
	<p>ITB</p> <ul style="list-style-type: none"> • Lie on side • Bend both knees • Grab top foot and pull foot to bottom • Roll onto back and aim knee to floor, hip to ceiling
	<p>Glutes</p> <ul style="list-style-type: none"> • Lie on back, bend both knees • Put one leg across other • Grab leg under knee • Pull leg towards you and roll bottom towards floor
	<p>Hip capsule</p> <ul style="list-style-type: none"> • Sitting up • Both legs bent • One on floor at 90 deg • Other foot on top of opposite knee • Push down on knee • If able reach hands forward

	<p>Neck</p> <ul style="list-style-type: none"> • Sitting up with legs crossed • Sit on one hand • Bring the opposite hand onto your head • Looking straight ahead pull ear to shoulder
	<p>Neck</p> <ul style="list-style-type: none"> • Sitting up with legs crossed • Sit on one hand • Bring the opposite hand onto your head • Looking towards armpit pull head down
	<p>Neck</p> <ul style="list-style-type: none"> • Sitting with legs crossed • Place hands behind head and pull chin to chest
	<p>Upper body routine</p> <ul style="list-style-type: none"> • Kneeling on all fours • Keep one arm in close and bent • Extend other arm straight out in front • Take body weight down
	<p>Lats</p> <ul style="list-style-type: none"> • Kneeling on all fours • Take one elbow onto the floor • Opposite arm across that arm and keep it straight • Take body weight down
	<p>Chest</p> <ul style="list-style-type: none"> • Kneeling on all fours • Keep one arm in close and bent • Take opposite arm out to the side and rotate shoulder down towards the floor • Keep chest high (if shoulder is touching the floor, lift chest higher)