

Suggested Warm Up Stretch Positions

Stretch	Teaching Points Support on bent leg Keep shoulders and hips square/facing forward Gradually lean back into the stretch Keep spine neutral Ensure knee remains over the ankle	Hamstrings	Extended leg with foot on bench Resting bottom against a wall	Hold onto the wall/chair Let heel drop off of step	Increased stride	Gastrocnemius	Feet face forward Front knee in line with ankle Chest and head up Back knee unlocked (soft) Back heel down	Quadriceps	Keep supporting knee unlocked (soft) Heel to buttock Hips square/facing forward Abs in Keep hips level	Pectorals	Keep elbows unlocked (soft) Abs in Back straight (not hollowed) Soft knees Place hands at base of spine	Trapezius	Keep elbows slightly bent Keep abdominals pulled tight Soft knees Slight rounding of back	Adductors	Shoulders and hips facing forward Abs in Knee above ankle Feet and knees travelling in same direction Body upright	Triceps	Abs in Back straight (not hollowed) Shoulders down (away from ears) Keep head neutral Soft knees Loose grip of opposite elbow to increase stretch	Obliques	Abs in Knees soft Lift from waist Shoulders down (away from ears) Bending directly to side Lower body remains still	
Adaptation	Progression Standing hamstring stretch (bending forward)	Use object (wall/chair) for balance	Both legs at same time (supported wide squat) Combine with upper body exercises	Use door frame and lean through it	Clasp hands behind back and extend arms	Pectorals	Extend arms behind back	Clasp hands round back	Keep elbows slightly bent Keep abdominals pulled tight Soft knees Slight rounding of back	Extend arms behind back	Clasp hands round back	Keep elbows slightly bent Keep abdominals pulled tight Soft knees Slight rounding of back	Use object (wall/chair) for balance	Both legs at same time (supported wide squat) Combine with upper body exercises	Press arm further down back Reach behind back	Triceps	Abs in Back straight (not hollowed) Shoulders down (away from ears) Keep head neutral Soft knees Loose grip of opposite elbow to increase stretch	Reach up to ceiling one arm at a time	Bend further	Abs in Knees soft Lift from waist Shoulders down (away from ears) Bending directly to side Lower body remains still