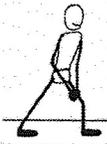
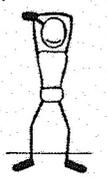


## Suggested Warm Up Stretch Positions

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