

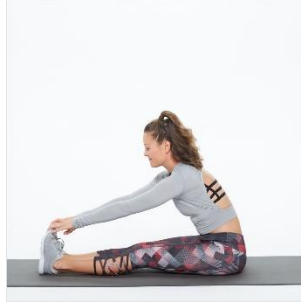
STRETCHING PLAN A

Perform each stretch for 3x20-30 seconds unless stated otherwise



Standing on your right leg, step your left leg forward with your toes flexed. Reach your left hand to your toes, keeping your back flat — you should feel a gentle stretch in the back of your thigh. Hold this

position for just a moment, then place your left foot next to your right as you return to standing upright.



Sit on the floor, extending both legs straight out in front of you, legs together. Lean your torso forward over your thighs, creasing at your hips.

Keeping the back straight, rather than rounding it,

emphasizes the lengthening in the back of the legs.



Begin seated on your mat with your legs extended straight out in front of you. Bend your right knee and place your right heel as close to your left sit bone as you can.

Reach your right arm

behind you and plant your palm or fingertips on the floor. Place your left hand or elbow on your right knee or thigh, and gently pull your knee to the left until you feel the stretch in your glutes.



Lie on your back with both legs in the air. Place your left ankle on your right thigh, just above your knee. See the shape of the number four? It is there, just upside down.

Clasp your hands around

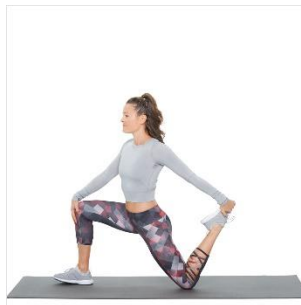
your left thigh and slowly pull your thigh toward your chest. You should feel a stretch on the outside of your left hip.



Stand on one leg with your knees touching. If you need to, grab hold of a chair or wall for support.

Grab your left foot with your left hand and pull toward your butt. Do your best to keep your chest

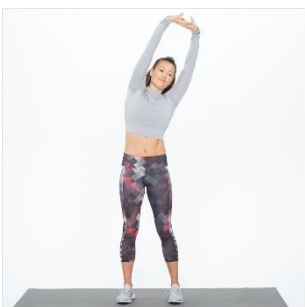
upright, and don't worry about how close your foot is to your butt. Keep your focus on getting a good stretch in your quad.



Start off in a high lunge position, with your right foot forward. Then, slowly drop your left knee to the ground.

Take a few moments to find balance, and once you're stabilized, with your

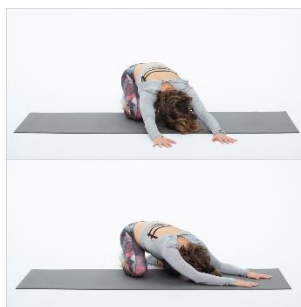
left arm, reach back for your toes on your left foot.



Stand with your feet under your hips and interlace your fingers above your head with your palms toward the ceiling.

Lengthen the right side of your torso as you lean to the left. Hold this for five

seconds, then switch sides. Repeat three times on each side.



Kneel on your mat on your knees and lie your torso down onto your thighs and your forehead on the ground. Reach your arms forward. Hold this position for 20 to 30 seconds. Walk your hands over to the left

to lengthen the right side of your spine. Focus on breathing into your right rib cage. Hold for 15 to 20 seconds, then walk your hands to the right to stretch the left side of your back.

Swimmers can alternate between plans A & B

STRETCHING PLAN B

Perform each stretch for 3x20-30 seconds unless stated otherwise



Lie on your back. Raise your left leg as high as you can, keeping your pelvis flat on the ground. Hold your lower thigh and encourage the leg to move toward your head. Flex your foot to stretch your

calf too. To deepen the stretch, place a towel on the ball of your foot and use your hands to pull the towel and your foot/leg toward you.



Sit on the floor and straighten your left leg in front of you. Bend the right knee, placing the sole of your right foot against your left inner thigh.

Fold over your left leg, keeping your back straight.

Hold for 30 seconds, then switch legs.



Sit on your mat cross-legged or with your feet touching each other. Lift your left leg and hook your calf over your left arm. Grab on to your feet with your hands for support.

Slowly lift your left leg until

you feel a stretch in your glutes and hips. You can gently rock your leg from side to side to move the stretch to different parts of the muscle.



Kneel on your mat, then bring your right leg behind you. Lean your torso forward, placing your forearms on the mat. Open your left knee

outward to the left; your left ankle might need to slide forward so your pelvis can lower toward the floor.

Bend your elbows to deepen your stretch.

Hold for one minute, then switch legs.



Lie down on one side and prop your head up with your hand. Pull your foot toward your butt; bend your bottom knee if

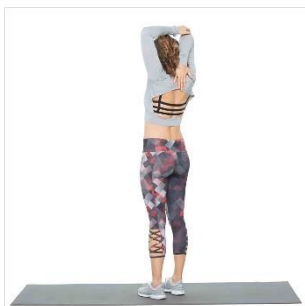
you're having trouble staying steady.



Stand with your feet hip-distance apart, arms by your sides.

Reach both hands behind your backside and hold onto your left wrist with your right hand. Use your right hand to gently

straighten your left arm and pull it away from you slightly. To increase the stretch in your neck, slowly lower your right ear toward your shoulder.



Reach your right arm overhead to lengthen the right side of your body. Maintain the length as you bend your right elbow, bringing your fingers to the middle of your upper back. Grab your right elbow with

your left hand and gently pull the right elbow toward the left. Increase the stretch by lengthening the right side of your torso even more by bending sideways to the left.



Stand with your feet hips-width distance apart. Interlace your hands behind your back and squeeze your shoulder blades together to stretch your chest.

To increase the stretch, keeping your legs straight, bend at the hips, tucking your chin and bringing your hands over your head.

Swimmers can alternate between plans A & B