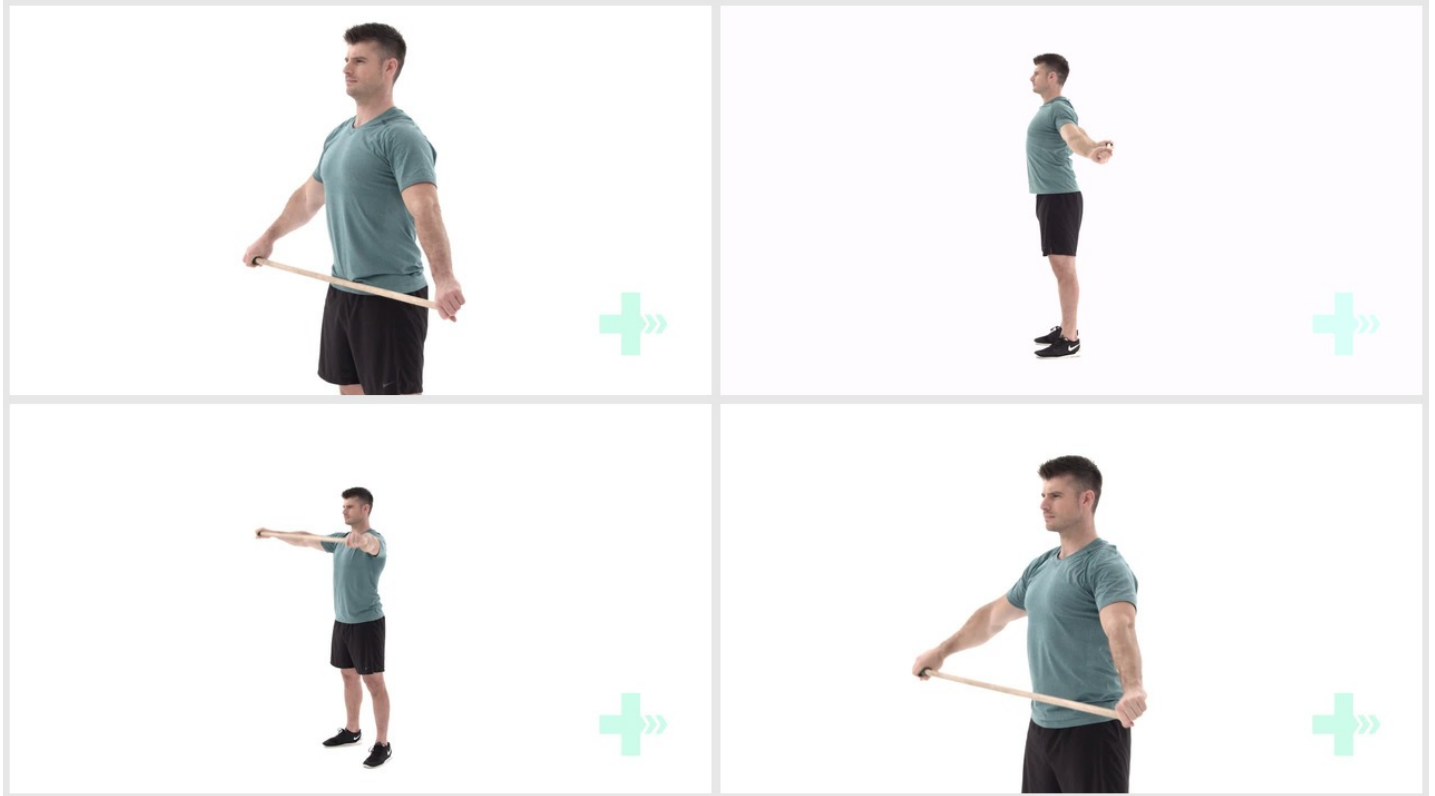


BC

## 1. Shoulder rotations with dowel

1 Set / 10 Reps



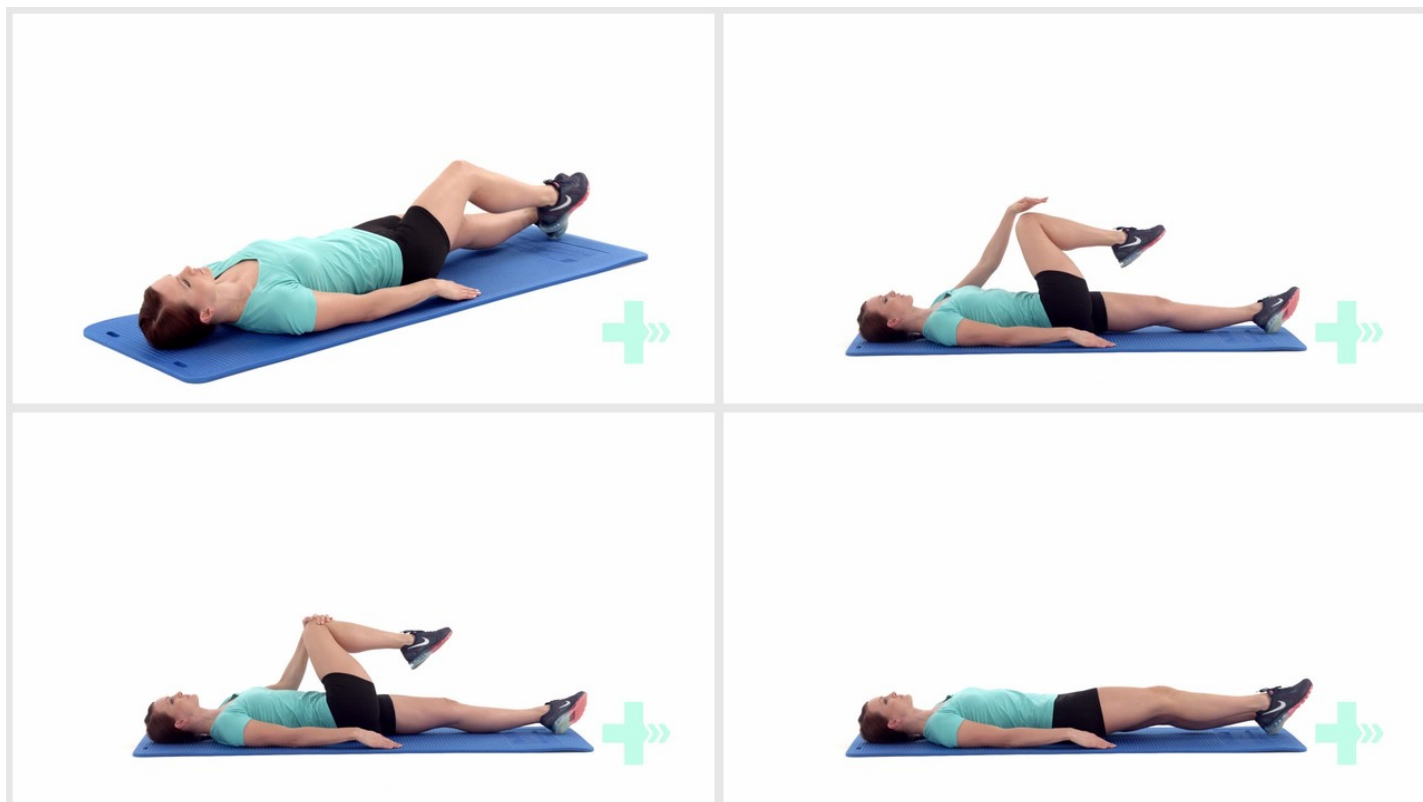
Stand feet-shoulder width apart holding a dowel with a relaxed grip. Pull your shoulder blades back and down and keep your stomach tight. Keeping the arms straight rotate the dowel overhead and into the small of your back under control.

Repeat the movement pattern in the opposite direction.

*Pre-workout warmup. Avoid popping through chest and hold at the back for long stretch with chest turned up toward the ceiling*

## 2. Gluteal muscle stretch [30600]

1 Set / 1 Rep / 30 s hold



Lie on your back in a comfortable position.

Now, bring one knee up towards your opposite shoulder.

You should feel a comfortable stretch, not pain, in your deep buttock muscles.

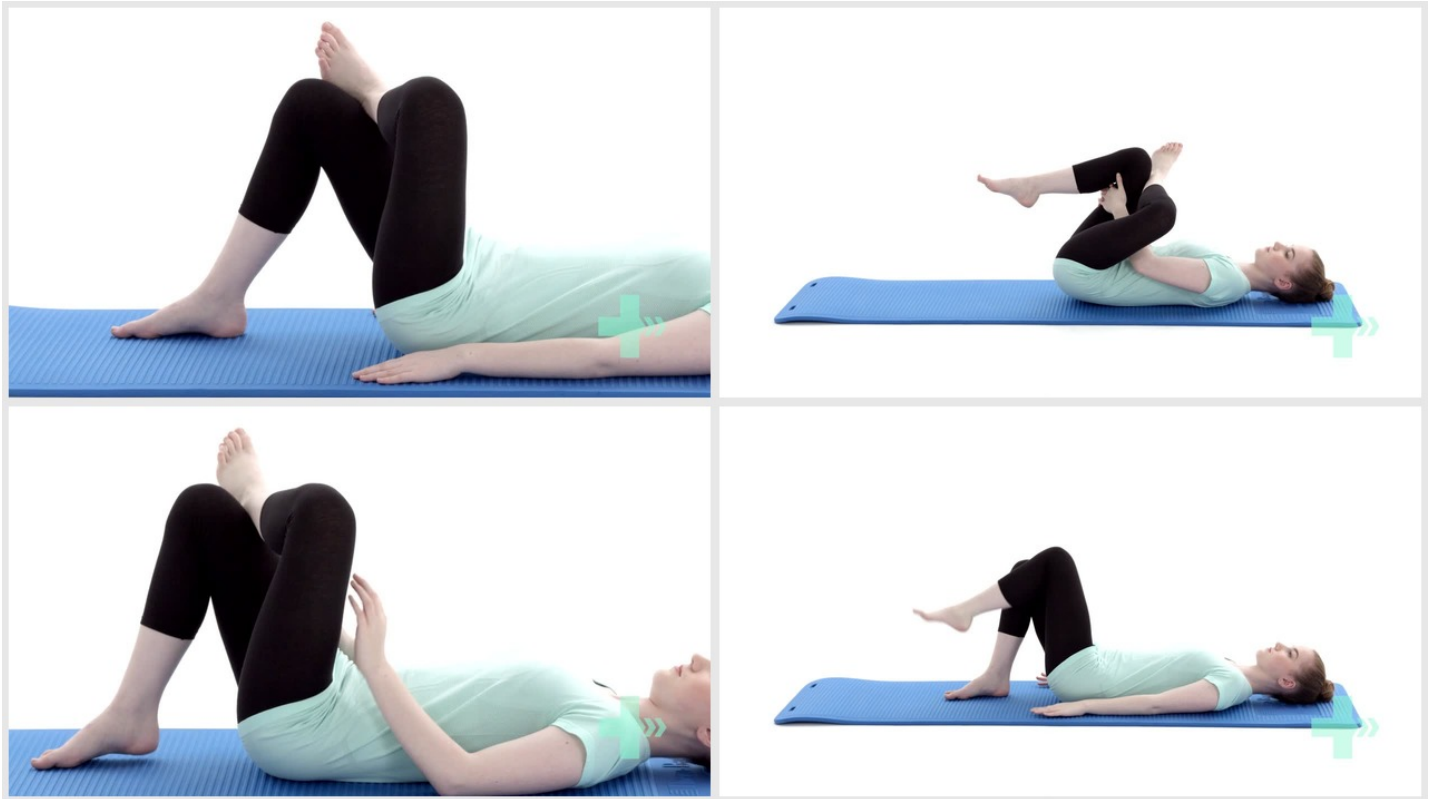
To increase the stretch push your flexed hip gently downwards.

Maintain this position for 30 seconds.

*both sides.*

### 3. Gluteal stretch in lying

1 Set / 1 Rep / 30 s hold



Lie on your back and bend both knees up, keeping your feet on the floor. Cross your affected leg over the other leg, so that the outside of your ankle is resting on the good knee.

Pull your good leg in towards your chest.

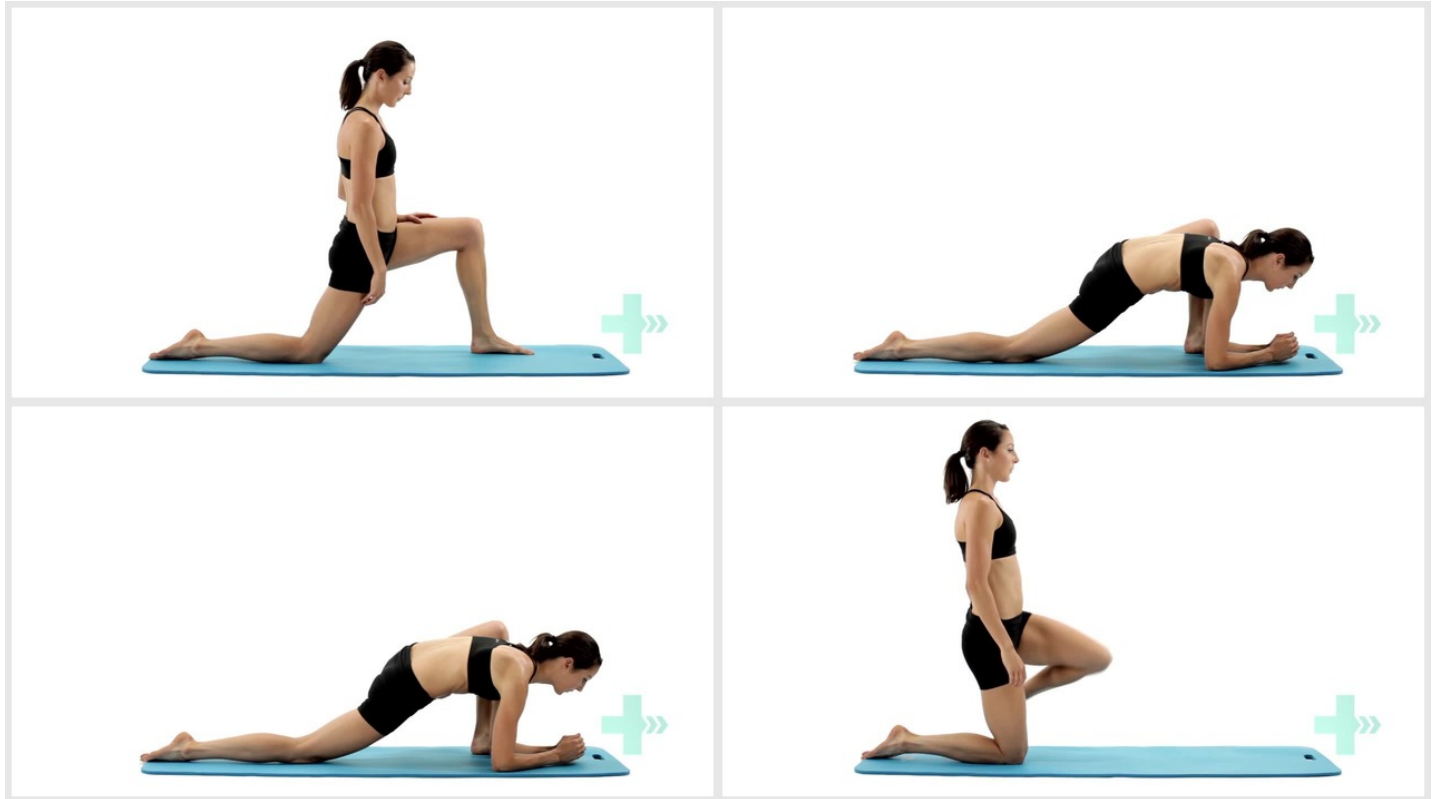
Use your hands to pull the leg further in towards you.

You should feel the stretch in buttock.

*both sides*

## 4. Deep hip adductor stretch

1 Set / 1 Rep / 30 s hold



Start on the knees. Bring your symptomatic leg out in front.

Lunge forward and bring your elbows down towards the instep of your front foot.

Keep the front knee over the foot at all times.

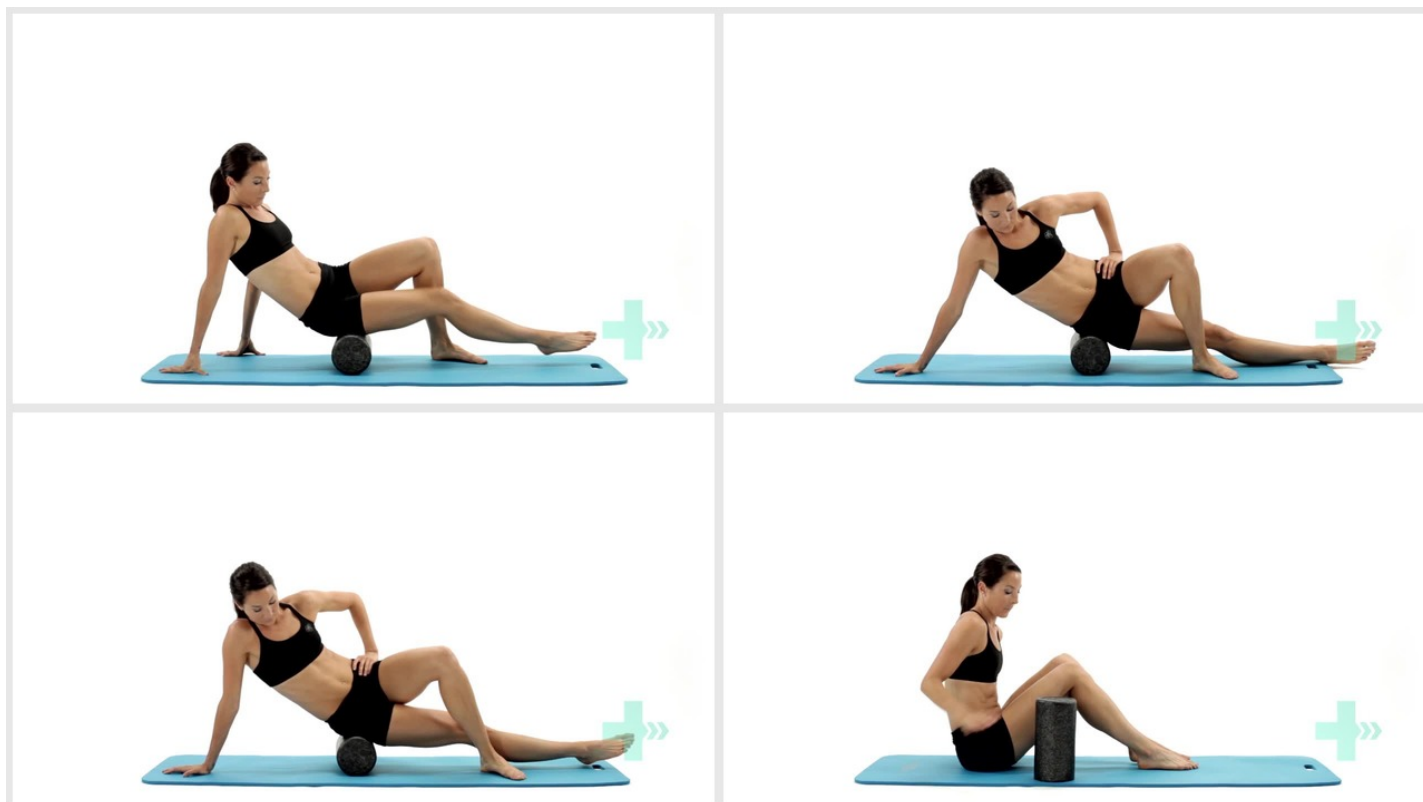
Drop the hips forwards and down.

You should feel the stretch down the inside of your thigh.

*both sides*

## 5. Lateral hip foam roll

1 Set / 1 Rep / 10 sec duration

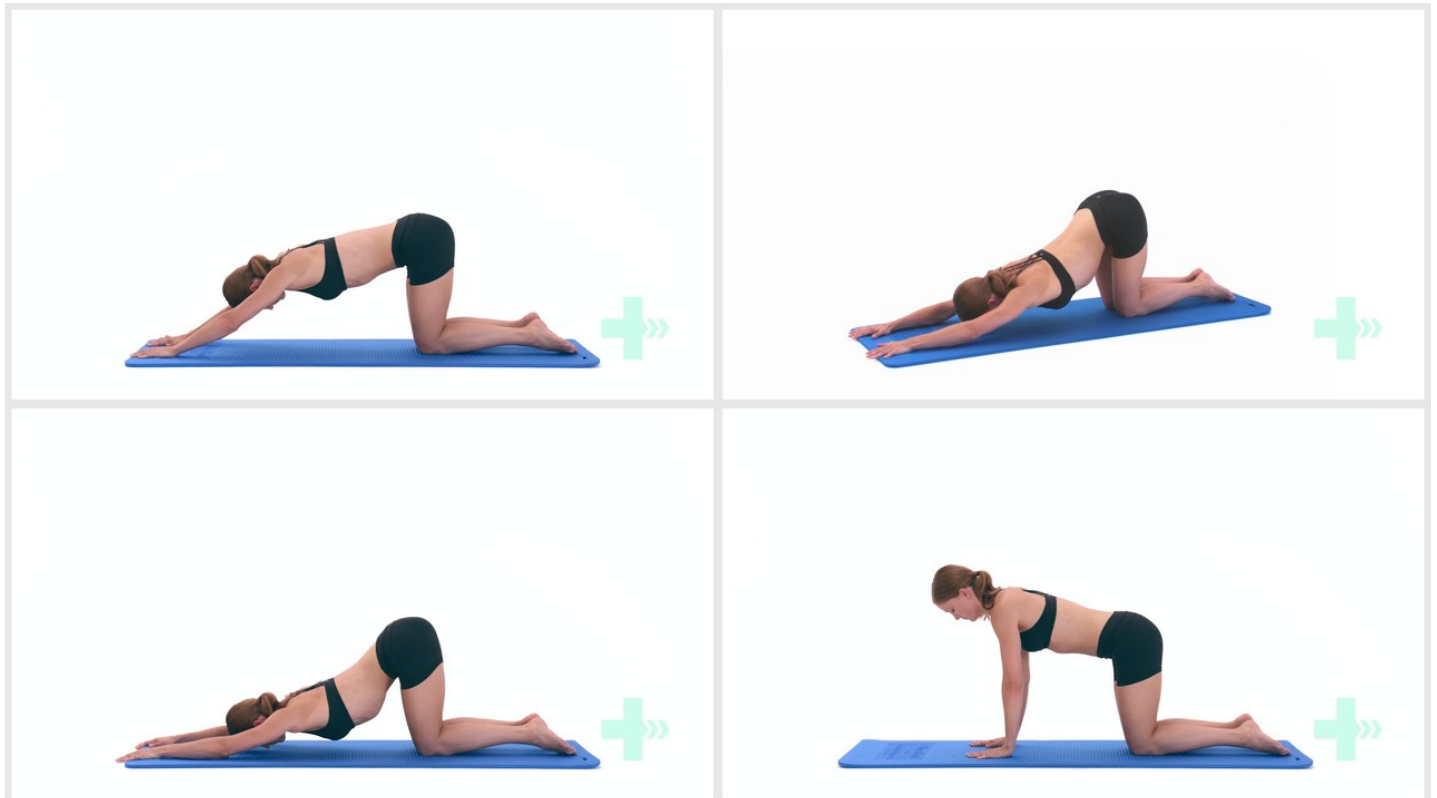


Place the foam roller underneath the right hip.

Cross your left leg over the right leg and use that cross-over leg to help move you back and forth.

## 6. Puppy dog pose

1 Set / 1 Rep / 30 s hold



Start on your hands and knees.

Walk your hands forward.

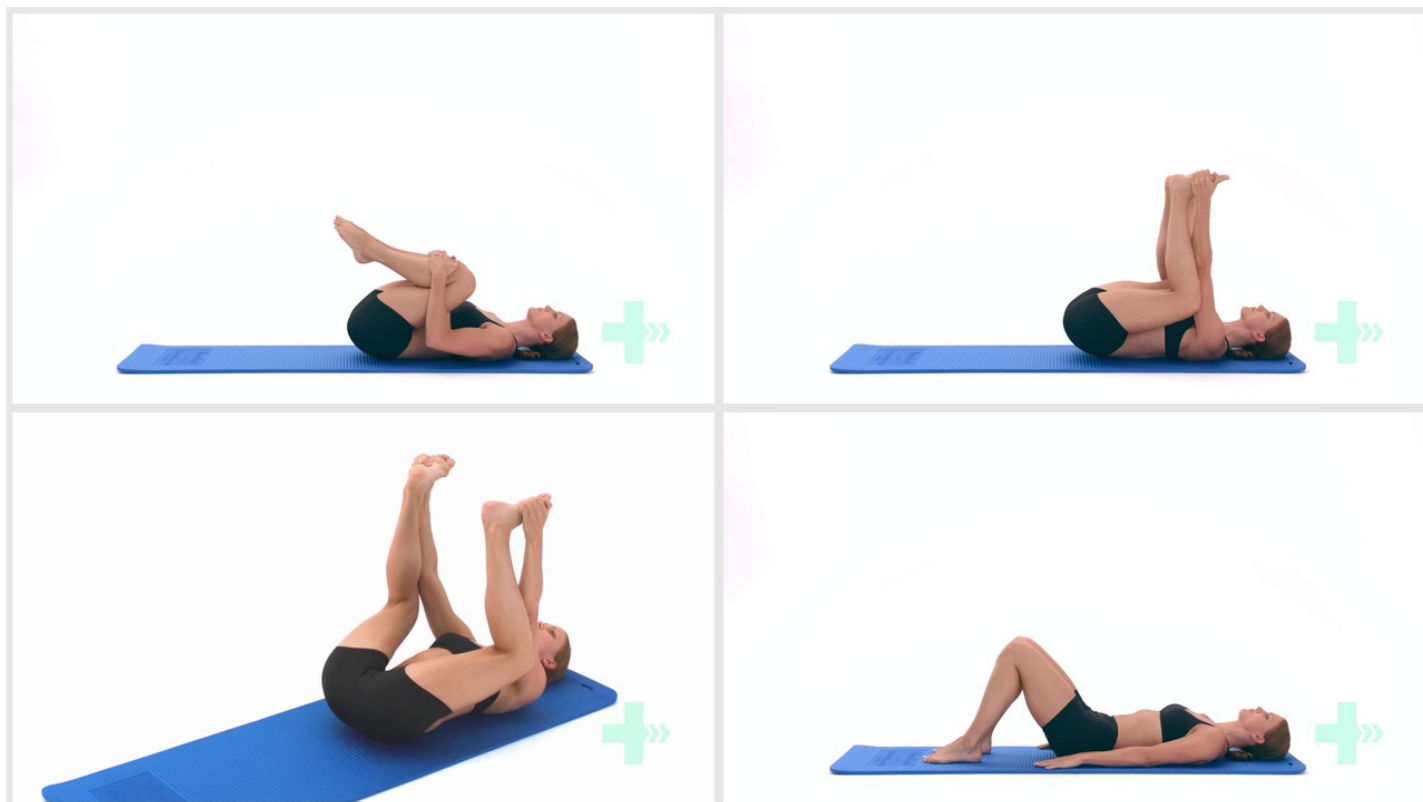
Push your hips up to the ceiling as you allow your chest to drop down to the floor.

Keeping stable in the shoulders, slide your shoulder blades down toward your hips and let your chest settle on the floor.

*both sides*

## 7. Happy baby pose

1 Set / 1 Rep / 30 s hold



Lie on your back.

Hug your knees into your chest.

Bring your knees wider apart.

Reaching to hold the outer edges of your feet, draw the knees down towards the floor, underneath your armpits.

At the same time, press your tailbone down toward the floor so you get a nice stretch in the groin area and the inner thighs.

## 8. Quadriceps foam roll

1 Set / 1 Rep / 1 min duration



Lie on your front and place the foam roller underneath your leg.

Bend the opposite leg and bring it out to the side to help you move back and forth.

Roll the entire length of the thigh muscle, staying off the knee joint.



## 9. Psoas stretch with side flexion

1 Set / 1 Rep / 30 s hold



Kneel down and step your good leg out in front of you.

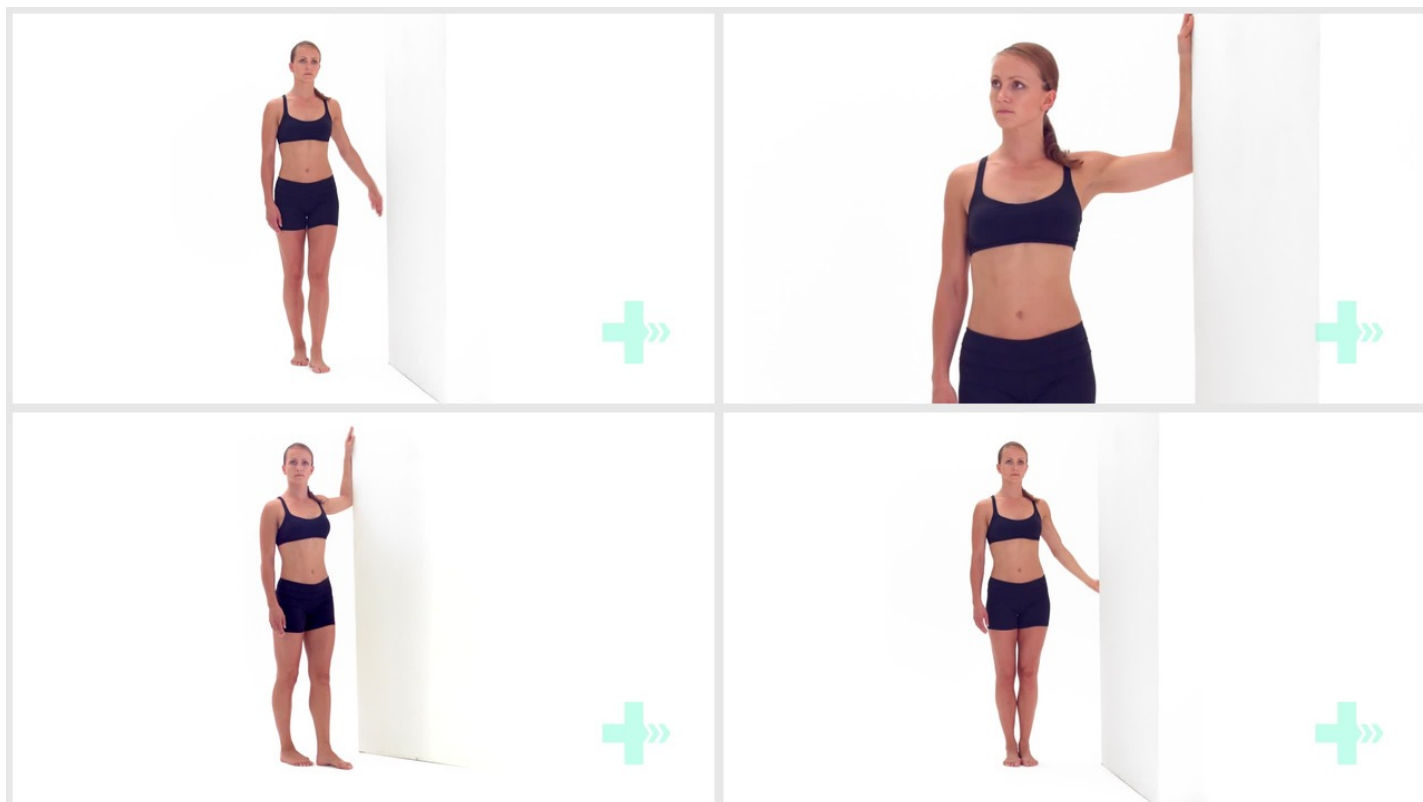
Keeping your body upright, drop your hips forwards, stretching the front of the rear hip.

Holding this position, lean your body to the side over your front leg, reach your outside arm up and over to increase the stretch.

*both sides*

## 10. Pec stretch - mid fibres with pec minor

1 Set / 1 Rep / 30 s hold



Stand with your affected side closest to the wall and place your forearm down a door frame around shoulder height.

Keeping your forearm on the wall, take one step forward on the leg closest to the wall and slowly rotate your chest away until you feel a stretch across your chest.

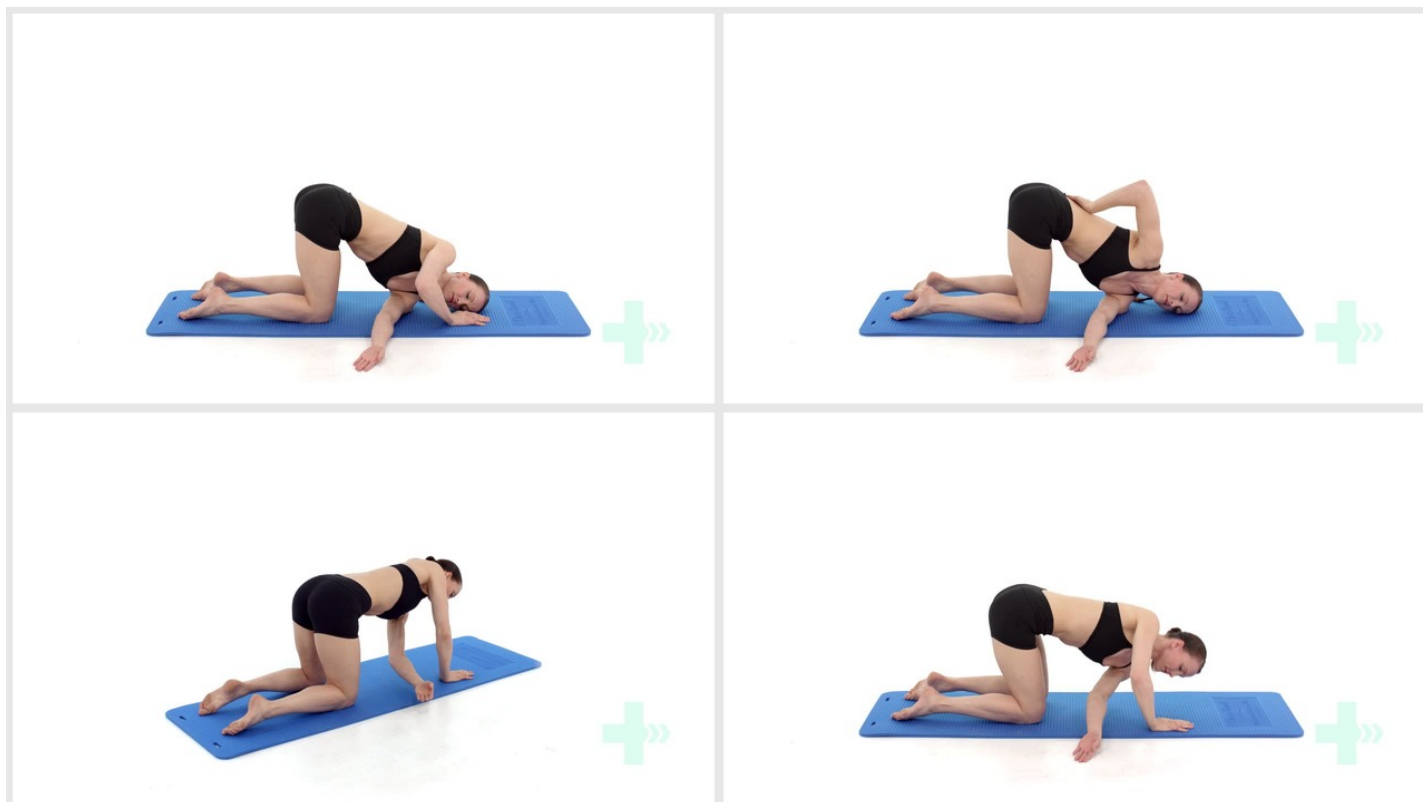
Be careful not to allow the shoulder to hunch.

Hold this position.

*both sides*

## 11. "Thread the needle" - level 2

1 Set / 1 Rep / 30 s hold



Start on your hands and knees, with your hands under your shoulders and knees under your hips.

Take one hand off the floor and reach in and through between your other arm and your legs.

Allow your body and head to follow, moving your shoulder down towards the floor as your hand reaches through.

You should feel a stretch down your side, your shoulder blade and neck.

Take your upper arm and place it behind the small of your back.

Hold this position, before reversing the steps to come out of this stretch.

*both sides*