



COMPLETE WHOLE PROGRAM TWICE EVERY TIME (total time for 2 sets = approx 15-20mins)

1. Torso rotation 02640



Slow and relaxed - 60secs

2. Prone spine rotation 01194



Slow and relaxed - 60secs
Aim to touch outstretched arm

3. Yoga 02533



Slow and relaxed - 40secs each side
Aim to move further out

4. Supine spine rotation 01193



Slow and relaxed - 60secs
Aim to touch outstretched arm

5. Yoga 02561



Slow and relaxed - 45secs each side
KEEP LEG STRAIGHT
Aim to pull further back

6. Torso rotation buttock stretch 02641



Slow and relaxed - 30secs each side
Do not force the movement too hard

7. Quadriceps stretch 02626



Slow and relaxed - 45secs each side
Hold onto something if need be
STAY UPRIGHT

8. Hip flexor stretch 02633



Slow and relaxed - 45secs each side
Push forward
Back leg MUST be <45degree angle

9. Buttock stretch 02638



Slow and relaxed - 45secs each side
Can rest upright on hands

10. Back extension lat dorsi stretch 02664



Slow and relaxed - 45secs

11. Dynamic calf stretch 02864



Slow and relaxed - 45secs
+SOLEUS STRETCH (drop knees slightly during stretch) - 45secs