

Flexibility Work

Shoulders (10 minutes)

Shoulder rolls

Arms circles

Shoulder pulls & pushes

Seated shoulder stretch – inverted & straight

1m ruler stretches

- Raise above the head and lower
- Straight arms and pulse back (keeping shoulders up)
- Straight arm, 90degree bend behind head and extend backwards

Forward stretch

- 1m ruler or hands clasped

Flexibility Work **Feet (10 minutes)**

Seated ankle circles

Seated pike toes to floor (one hand on knee) pairs

Raises

Heel drops on bench

Parallel weight transfers

Pointed toe re-bound push

Heel stretch in front support (ankles together, no sickle!)

Instep stretches kneeling

Flexibility Work
Splits (10 minutes)

Right leg kneel / Lunge forward / Pull back / Right leg split

REPEAT left

Lying down

Left/right bent leg extensions

Left/right straight leg pulls (belt)

Roll into splits on right and left

Flexibility Work
Pike (Hamstring) 15 minutes

Standing body folds feet apart/feet together/3 stage body folds

Standing pike folds/on bench

Seated pike folds/point feet/flexed feet/elbows to floor/head to knees

Seated resistance work (PNF)

Flexibility Work

Straddle 15 minutes

Lunges in second

Full pli  in second

Seated straddle

- Sideways body stretches R/L
- Forward body stretches R/L (Head to knee)
- Centre fold
- Lie flat (resistance)
- Swim through

Against wall

- Straddle sit (resistance)
- Box split backwards against the wall