

## Salle Dublin Post-Exercise Static Stretches

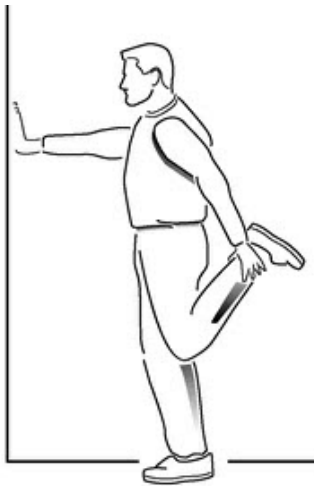
***Remember*** - use dynamic stretching before exercising/competing!

### **Hamstring stretch**



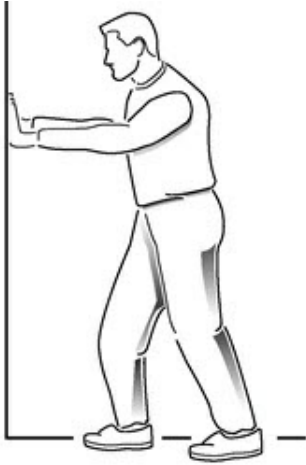
- Keeping your back straight, push your heel into the ground and point your toes up to the ceiling, lowering your body towards the ground simultaneously. Repeat with opposite leg.

### **Quads stretch**



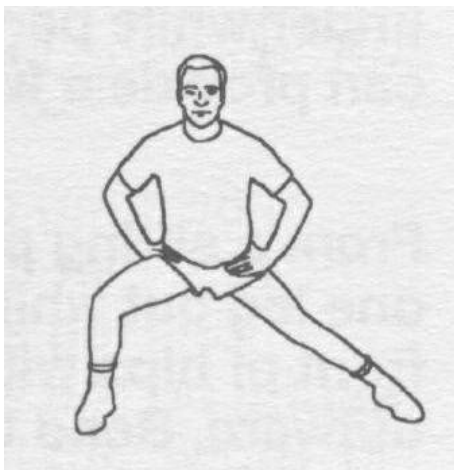
- Using a wall to provide balance if necessary, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Repeat with your right leg.

## **Calf Stretch**



- Standing a few feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs.

## **Groin Stretch**



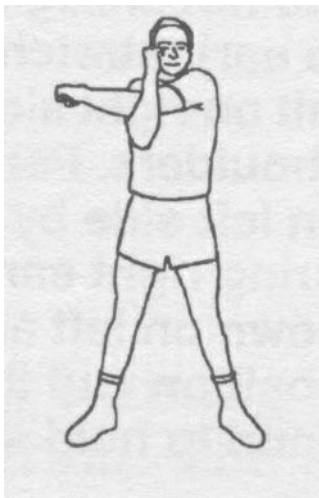
- Standing with feet shoulder width apart and hands on hips, lean to the right and bend right knee while keeping the left leg straight. Both feet should be pointing forwards. Repeat for the opposite side.

## **IT Band Stretch**



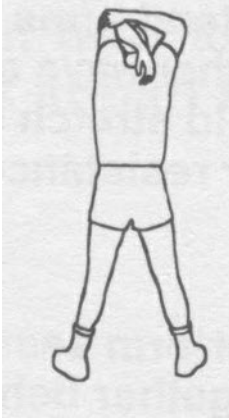
- Sitting on the ground, with both legs out before you, gently pull your shin towards your chest and plant your foot across your leg. Twist your trunk and place your opposite elbow on your bent knee. Repeat with opposite leg.

## **Shoulder Stretch**



- In standing, bring your arm across your chest while using your second arm to pull it towards your chest. You should feel this stretching your shoulder muscles. Switch arms and repeat.

## Triceps Stretch



- Bring your first arm up and place the palm of your hand down the center of your back with your elbow in the air. Place your other hand on your elbow and gently hold in place as you stretch your first arm. Switch arms and repeat.

**Note:** Hold each stretch for approx. 30 seconds. Only stretch to as far as is comfortable for you, stretching should never elicit pain.