



BALLYBODEN ST. ENDA'S

Coaching & Games Flexibility Poster

1. Calf Stretch



- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
- Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor.
- ! Keep your hips facing the wall and the rear leg and spine in a straight line.

2. Achilles Stretch



- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
- Ease your back leg further away from the wall, bending at the knee and press the heel firmly into the floor.
- ! Keep your hips facing the wall and the rear leg and spine in a straight line.

3. IT Band



- Stand sideways slightly more than arm's length near a wall. Place one hand on the wall for support.
- Cross the leg farthest from the wall over the other leg, keeping the foot closest to the wall flat on the floor. Lean your hips into the wall.
- ! Keep torso perpendicular to the wall

4. Pec Stretch



- Stand next to a doorway or the protruding corner of a wall.
- Place the upper arm against the side of the doorframe or wall, with a 90 degree angle at both the shoulder and elbow.
- Place one foot in front and one behind for stability.
- Turn the head and rotate the body away from the upper arm.

5. Lat Stretch



- Kneel on the floor. Place the hands in front of the body on the floor and sit back on the heels. Drop the chest towards the thighs.
- Extend the arms as far forward as possible.

6. Hip Flexor Stretch



- Kneel with one knee on the floor and the other foot in front with the knee bent to 90 degrees
- Engage the abdominal/core muscles
- Push the hip of the back leg towards the floor
- To increase the stretch, squeeze and contract the glute muscles of the back leg
- ! Keep your forward knee over or behind your ankle -- not in front of it.

! Keep torso upright and do not allow the back to arch.

7. Quad Stretch



- Position yourself with one knee on the floor and the other leg out in front with the knee bent and foot flat on the floor.
- Grasp the ankle of the back leg behind you.
- Lean forwards from the hips and at the same time pull the ankle towards your glutes.
- ! Do not arch your back, twist your pelvis or place too much weight on the knee resting on the floor

8. Piriformis Stretch



- Start on all fours, placing your hands directly below your shoulders, and your knees below your hips. Bring your right knee forward until it touches your right wrist
- Slide the right foot forward toward your left hand. Straighten the left leg back
- Walk your hands forward, lowering your elbows to the floor.
- Repeat on the opposite side.



- ! Keep your hips square to the floor. This ensures the lower back is safely aligned and the full effects of the stretch are felt
- ! If the stretch feels too intense, lift away from the floor and use your arms to support more of your weight. To intensify the stretch, lower the chest towards the floor.

9. Short Adductor Stretch



- Sit on the floor with your knees bent and the soles of the feet together.
- Bring the heels as close to the torso as possible
- Place your hands on your ankles and push down gently with your forearms to increase the stretch.

10. Hamstring Stretch



- Lying on your back, wrap a folded towel or strap around the instep of one foot
- Slowly pull on the ends of the towel or strap and extend the leg upwards, keeping the leg straight.
- ! Ensure that the lower back stays firmly on the ground.

11. Chair Stretch (Lower Back)



- Sit upright in a chair with feet separated.
- Slowly round the upper back and begin to lean forward.
- Continue to bend at the waist and lower the head and abdomen towards the floor
- ! When doing this exercise, go slowly and do not let the back become straight. The effect of the stretch is minimized if the glutes rise up off of the chair.