



NB: Upper knee should be directly above lower knee

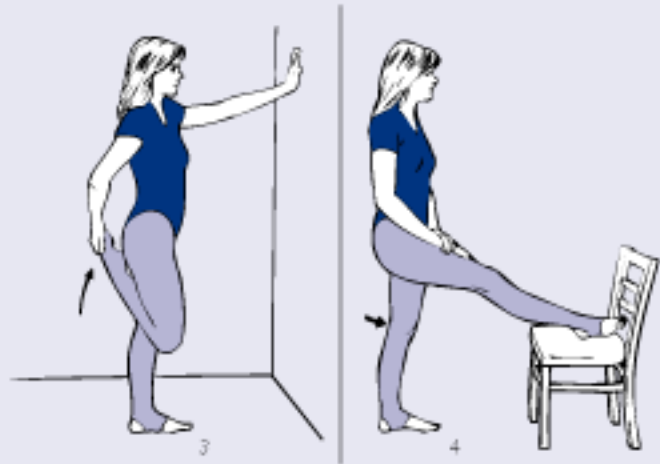


1. Back stretch (stretches back muscles) Lie on your back, hands above your head. Bend your knees and, keeping your feet on the floor, roll your knees to one side, slowly. Stay on one side for 10 seconds. Repeat 3 times each side.



2. Deep lunge (stretches muscles in front of thigh and abdomen) Kneel on one knee, the other foot in front. Lift the knee up; keep looking forwards. Hold for 5 seconds and repeat 3 times each side.

3. One-leg stand – front (stretches front thigh) Steady yourself with one hand on something for support. Bend one leg up behind you. Hold your foot for 10 seconds and repeat 3 times each side.



4. One-leg stand – back (stretches muscles at back of leg) Steady yourself, then put one leg, straight, up on a chair. Bend the other knee in to stretch the hamstrings. Repeat 3 times each side.



5. Knee to chest (stretches muscles of bottom – gluteals) Lie on your back. Bring one knee up and pull it gently into your chest for 5 seconds. Repeat for up to 5 times each side.