

<b>STRETCHING</b>	
<b>This will take about 15 minutes to complete in full. You do not need to do the bridge if you are not a tumbler. You should feel a gentle stretch but not push yourself to the point of pain.</b>	
30 secs	Pike - knees straight
30 secs each	Straddle - middle and each side
30 secs	Seal - hips in ground, roll shoulders back and hands forwards
30 secs	Cat stretch - push arm pits into ground as much as possible
15 secs each side	Scorpion - shoulders staying on the ground as much as possible
20 secs each side	Lunge - chest up, hands on hips and push down
20 secs each side	Lunge with front leg straight - front leg straight, foot flexed and chest as low as possible more for of a stretch
20 secs each side	Lunge holding back foot (quad stretch) - back leg into glutes and opposite hand on the ground for support and front leg further in front for more of a stretch
30 secs	Shoulder stretch on tramp (or table/couch) - feet under hips and push your shoulders as low as possible
20 secs each side	Splits - chest up as much as possible, hips facing forwards, back leg inline with front leg
20 secs each side	Glute stretch - Tuck one leg in, put other foot on knee and pull foot towards body while pushing knee out
20 secs each side	Side Lunge - heel of bent leg stays on the ground
20 secs each side	Pigeon splits - in split front leg at 90 degrees and elbows on the floor
20 secs each side	Single leg pike with front foot flexed and other leg in Butterfly - chest as low as possible and trying to keep back straight
20 secs each side	Feet wider than shoulder width reach over- keep legs straight
30 secs	Standing pike - fingers interlocked reach palms to the ground
30 secs	Froggy/middle splits - hip in line with feet and chest as low as possible
30 secs	Bridge - legs together and straight or as much as possible

### Stretching Competition

Take a photo of your pike and straddle stretch (from side on) and post it with the hashtag #peakstretchingcompetition2020 . The day we are able to recommence training take a follow up photo (and post the before and afters with the hashtag). There will be a prize for whoever shows the greatest improvement!

### ROLLING & TRIGGER POINT S

Here are some links to foam rolling/trigger point sessions on YouTube; have a try of each one and see which works for you.

- <https://www.youtube.com/watch?v=Hu-rVZVSzxs>
- <https://www.youtube.com/watch?v=khC5J1kC7s>
- <https://www.youtube.com/watch?v=aTcRYJsuhkl>
- <https://www.youtube.com/watch?v=S4ASJs6CGNE>
- <https://www.youtube.com/watch?v=Heho49NeixM>

