

Team Stretch

Stretching Key

- Hold a light stretch for 2-3 seconds and repeat 10 times
- Feel a deeper stretch each repetition

1. Upper Hamstring/Butt - *lying on back with bent leg, hold foot and pull thigh to your chest, relax and repeat.*
2. Bent Knee Hamstring - *lying on back, interlace hands behind knee and straighten bent leg, relax and repeat.*
3. Quad Stretch - *lying on side, hold one bent leg in front while grabbing the ankle of the other, pull back to feel stretch then relax and repeat.*
4. Lunge Stretch - *hold then relax, repeat – remember to keep back leg straight.*
5. Stretch With No Name - *almost sitting on one leg with your ankle under your hip, lower your chest to the ground and feel a stretch, relax and repeat, feeling a deeper stretch each time.*
6. Pretzel – *as if you were sitting cross-legged bring one foot over the opposite knee and hug your leg to feel a stretch, relax and repeat.*
7. Butterfly
8. Sitting Toe Touch – *with legs straight out front, reach for your toes until you feel a slight stretch, bend at the waist NOT back.*
9. Back Stretch - *with legs bent out front, grab your toes and pull yourself forward, bending at the waist, should feel a stretch in your lower back.*
10. Calves - *grab ball of foot w/both hands and flex toe up as you pull.*