

Full body stretching routine



Calf stretch

Stand with your feet pointing forwards, about hip distance apart, front knee bent and back leg straight.

Press your back heel into the floor to feel the stretch on your back calf.



Neck & shoulder stretch

Stand with your feet hip distance. Bend your neck to one side and use your hand to gently increase the stretch. You should feel the stretch at the top of your shoulder and along your neck.



Chest stretch

Stand with your feet about hip distance apart and clasp your hands behind your back, so that you feel a stretch across your chest.



Quad stretch

You may need to put your hand on a wall or chair for support.

Stand with your legs close together. Flex the knee of the leg you are stretching and take hold of your ankle. Make sure your thighs stay together.

Push your hips forward slightly to feel the stretch along the front of your thigh.



Side stretch

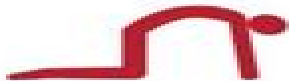
Stand with your feet about hip distance. Extend one arm over your head as you bend to the side, resting the other hand on your body for support.



Hip flexor stretch

Get into the position shown, back knee on the floor, front knee bent and directly over the heel.

Ease your back leg out behind until you feel a stretch on the muscles at the top of your back thigh.



Back stretch 1

Get into an all-4 kneeling position and stretch your spine upwards towards the ceiling.



Back stretch 2

Now sit back on your heels and stretch your arms forwards in front of your head.



Adductor & hamstring

Sit with your legs as wide as is comfortable for you and rotate your upper body towards one of your legs.

Hold onto the leg with your hands.



Hamstring stretch

Lie on the floor with one leg bent. Gently pull the other leg towards you, holding onto it with both hands either on the calf or above the knee.

Hold the position when you feel the stretch along the back of your leg.



Glute stretch

From the hamstring stretch position, bend the top leg and rest the foot on the knee of the other leg. Hold onto the underneath leg and gently pull it towards you to feel the stretch in your top leg.



Lying hip flexor stretch

Lie on your back and bring one knee towards your chest. You should feel the stretch in your straight leg.

Body Art Forms Stretching Guide

Stephanie L. Brooke



Body Art Forms Stretching Guide:

Sacred Rituals Of Creation Discipline In Indigenous And Ancient Art Forms (Refine and Edited) BD

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