

(Some) Debbie Flintoff-King Stretches

Don't over-stretch; hold each stretch for at least thirty (30) seconds

- 1. Frog Stretch:** (for the groin) Kneel; knees wide apart; toes in and touching at the back; From sitting on heels, lean forward; arms outstretched.
- 2. Thigh Stretch:** Kneel; back to the wall; place your knee against the wall; position your foot outside your buttocks so you can press back with your bottom into the wall. The opposing leg balances; repeat on both sides.
- 3. Kneeling Twist:** (for the groin and lower back) Kneel on your right knee; bring your left knee out in front of you; extend your right shoulder over your left knee, pushing your palm to the ground.
- 4. Sitting Forward Bend / Modified Hurdle Sit** (Hamstrings) Sit with legs outstretched; bend your right knee, the sole of the foot pulled into the groin. Using both hands, grip your left knee, ankle or foot (wherever you feel the stretch is enough). Repeat on both sides.
- 5. Lying Forward Stretch (Bent Knee)** Sit, bending your right knee at 45°, extending your left leg straight back behind you. Lean forward stretching your arms in front of you. Keep your right buttock on the floor. Both sides.
- 6. Dog Stretch:** Standing, feet shoulder width apart, with toes slightly turned in. Walk your hands away from your body, fingers pointed straight ahead. Head hangs loose; push your heels to the ground (hold); at the same time keep your buttocks high.
- 7. Tricinasna:** (for the back) Best done against a wall. With feet apart (1m+), run your left foot along the skirting board (2cm out from the wall). Right heel back, toes pointed slightly inwards. Keep your legs straight; extend your left arm down; try to keep your shoulders back. Right arm raised above your head. Look up.
- 8. Simple Twist:** Sit down cross-legged. Take your right leg over your left knee. Take your left shoulder inside your right knee, and hold on to your right foot. Turn, and look over your right shoulder.



Champions are distinguished by differences ... the different things they do, and the things they do differently