

# Stretching Matrix Manual

## Stretching Video Tutorial



### **Hip Flexor + Oblique**

- Take one leg forward, with the knee at 90 degree's
- Reach tall with the opposite hand
- Lean forwards from the back knee
- You should feel this on the front of the hip



### **Adductor**

- Take one leg away from the body, with the upper body staying tall at all times
- You should ease into this stretch, and feel it on the inside of the upper thigh



## Hamstring

- From a kneeling position, take one leg out in front of you.
- Stay tall and avoid rounding the back
- You should feel the stretch in the back of the upper thigh



## Quadriceps

- Lay face down, push the hips into the floor
- Squeeze glutes together, now grab one foot
- Pull heel towards buttocks



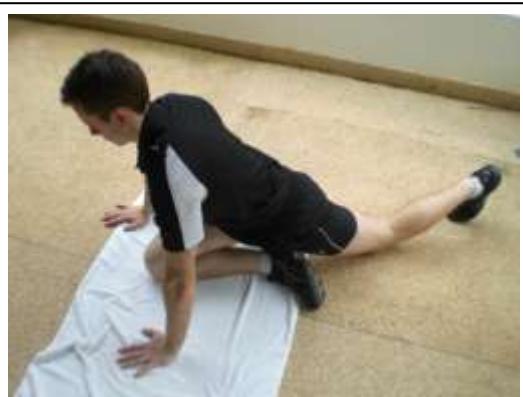
## Gluteals

- Lay on your back
- Put one foot on top of the opposite knee
- Reach your hands around the back of the leg and pull it towards you
- You should feel the stretch in the glute



## Gluteals

- Seated, take one foot outside the opposite knee
- Place the opposite elbow on the outside of the knee
- Push the knee away from you as you look over the opposite shoulder.



## Gluteals

- Pop on to the floor, with one foot in front of the opposite knee
- Now sit back into the stretch
- You should feel this in the glute of the leg that is bent



## Gastrocnemius (calves)

- Stand on the edge of the step
- Drop the heel towards the ground
- Now just let one foot come off the step.
- Feel the stretch in the rear of the lower leg



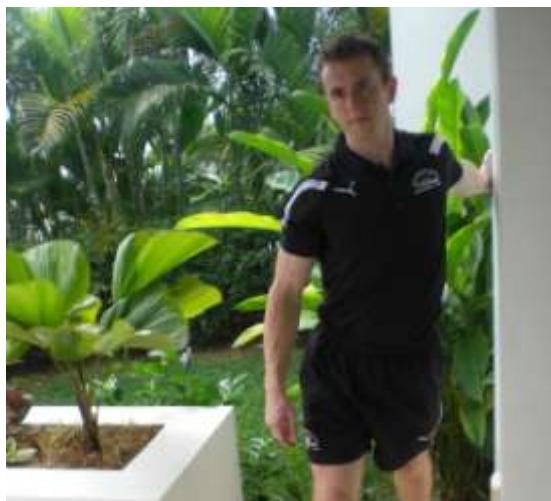
## Gastrocnemius (calves)

- Lean against an object
- Place one leg straight back
- Keep the heel on the ground
- Lean into the stretch



## Lattismus Dorsi

- Put one hand on top of a work top or similar object
- Feet parallel, lean back into it with a straight arm
- You should feel the stretch down the side of the back.



## Pectorals

- Place one hand on the wall
- Put the outside foot forward
- Gently lean into the stretch
- You should feel this in the front of the shoulder, across the chest and down the front of the upper arm.



## Deltoid (shoulder)

- Take one arm across the body, with the other arm place it just below the elbow and rest the chin on the shoulder.
- Pull the arm that is across the body towards the chest, to feel the stretch on the back of the arm and shoulder.

## VIDEO LINKS

[STRETCHING TUTORIAL](#)