

# Get Stretching

One of the best ways to keep your body flexible and reduce the chance of injury is to stretch. Here's some tips for you:

- Avoid stretching cold – your muscles need to be warm before you start
- Start with LIGHT AEROBIC ACTIVITY before you start stretching, then go through our dynamic warm up stretches
- Avoid stretching to the point of pain – take each stretch to the point of some tension, hold, then release. The more often you do them, the more flexible you will become
- BREATHE NORMALLY while stretching – avoid holding your breath
- AVOID BOUNCING when you stretch – take it slow and steady and relax into each movement
- Pay special attention to LARGER MUSCLE GROUPS or those that you are about to work hard
- Remember to COOL DOWN with some static stretches afterwards

For more information on how to prevent sports injuries, visit [acc.co.nz](http://acc.co.nz) or [activesmart.co.nz](http://activesmart.co.nz)



## Warm Up | Dynamic Stretches

### 1 WALKING CALF

- Position your body as if on sprint starting blocks
- Stretch calves by alternating heel touches on the ground (pause 1-2 seconds)
- Complete 4-6 movements each leg, rest, repeat



### 2 LUNGING SIDE BEND

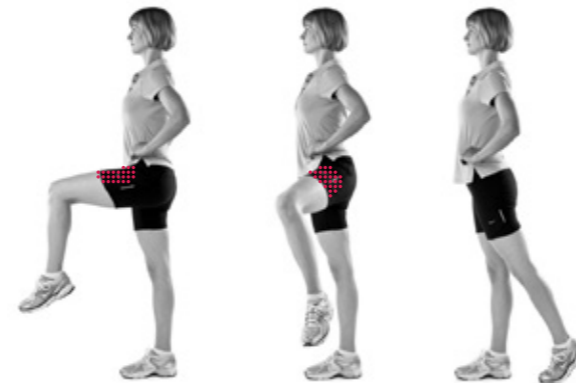
- Standing, take a long step forward and drop into a lunge
- Pause with one hand on hip
- With the other hand, reach over the top of your head
- Pause 1-2 seconds and then return to standing position
- 4-6 movements each side, rest, repeat



### 3 HURDLE BACK & HURDLE FORWARD

#### Backward

- Stand with hands on hips, raise one leg in front, knee at 90°, lower leg naturally hanging
- Keeping the leg at 90°, rotate leg around to side and slightly behind torso
- 4-6 hurdles each side, rest, repeat

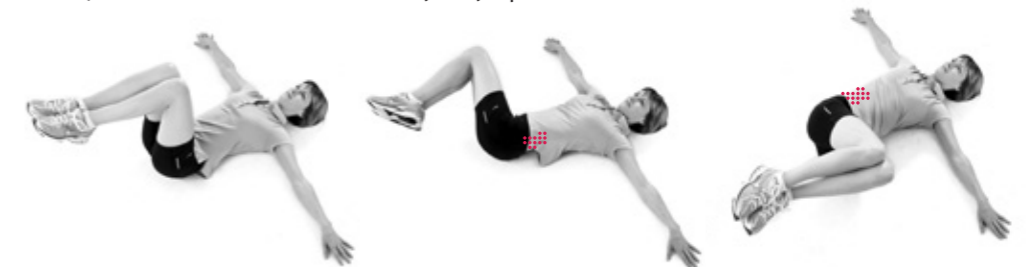


#### Forward

- Repeat hurdle except in forward direction

### 4 TRUNK ROTATION

- Lie on the floor, arms stretched out, palms downward, raise knees to 90°, keep legs together
- Slowly lower legs to one side and then the other while keeping shoulders on the ground (pause 1-2 seconds each side)
- Movement to the side should be comfortable and not cause lower back pain or discomfort
- 4-6 movements from side-to-side, rest, repeat



### 5 WALL SHOULDER PRESS

- Lean against wall with back, head, shoulders and top of arms in contact with wall, feet apart (just outside shoulder width) with knees slightly bent
- Bend elbows and slowly raise both hands above head until completely straight, feeling stretch through the shoulders (pause 1-2 seconds)
- Maintain contact against wall
- Return slowly to start position
- Repeat 4-6 times, rest, repeat



### 6 LATS PULSE

- Stand with feet outside shoulder width and slightly bent knees
- Lean forward with a flat back, place hands against wall
- With head facing downwards “pulse” slightly down (pause 1-2 seconds) and back up in a controlled manner
- 4-6 pulses, rest, repeat

