

Core Flexibility Stretches

Good for:

- Alleviating muscle spasm
- Improving core flexibility
- Aiding with relaxation and helping you sleep better

1) Gluteal stretch

Technique:

- Lie on mat and place one ankle on opposite knee.
- Push downwards on your knee until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change legs and repeat stretch on other side.

For best results:

- Repeat routine 3 - 5 times a week.
- Combine these stretches with our Core Strength Exercise routine.

Avoid doing if:

- This stretch aggravates or causes pain



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2) Piriformis stretch

Technique:

- Lie on mat and place one ankle on other knee.
- Hold the back of your knee with both hands.
- Pull your knee upwards towards your chest until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change legs and repeat stretch on other side.

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3) Hamstring stretch

Technique:

- Lie on mat and holding one knee with both hands whilst keeping the other leg straight.
- Pull your knee towards your chest until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change legs and repeat stretch on other side.
- Repeat stretch 3 - 4 times on each side.

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4) Heel slide

Technique:

- Lie on mat with both knees raised.
- Stabilise your spine by pulling your navel inwards and upwards.
- Extend one leg by sliding on your heel downwards whilst maintaining abdominal tension.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change legs and repeat stretch on other side.
- Repeat stretch 3 - 4 times on each side.

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5) Hip extension

Technique:

- Lie with both knees bent and feet flat on mat.
- Stabilise your spine by pulling your navel inwards and upwards.
- Drop one leg outwards and downwards to the floor until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change legs and repeat stretch on other side.
- Repeat stretch 3 - 4 times on each side.

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6) Lumbar roll

Technique:

- Lie on mat with both knees raised.
- Stabilise your spine by pulling your navel inwards and upwards.
- Drop both knees to floor whilst keeping both shoulders firmly on mat until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change legs and repeat stretch on other side.
- Repeat stretch 3 - 4 times on each side.

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7) Lumbar stretch

Technique:

- Lie on mat with one knee raised and opposite hand placed on knee.
- Push your knee across your body towards the floor whilst keeping both shoulders on mat until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change legs and repeat stretch on other side.

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8) Quadriceps stretch

Technique:

- Stand on one leg supporting your body with one hand.
- Grasp your ankle and pull your foot towards your buttocks whilst keeping your knees together until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change legs and repeat stretch on other side.

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9) Full leg stretch

Technique:

- Lie on mat holding a belt / band / rope wrapped around one foot with both hands.
- Extend your leg until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change legs and repeat stretch on other side.

Avoid doing if:

- This stretch aggravates or causes pain.

