

Off Skate Stretching Exercises



HAMSTRING STRETCH

(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



ABDUCTOR STRETCH

(push down with elbows on knees very gently, keep back straight)



GLUTEAL AND LUMBAR ROTATION STRETCH



HIP FLEXOR STRETCH

(keep back straight, tuck bottom under, lunge forward on front leg)



QUADRICEPS STRETCH



CALF STRETCH

(keep knee straight and heel down, feet facing forward)



UPPER BODY STRETCH

(keep elbow parallel to ground)



NECK STRETCH

(one side, then the other)



LATERAL FLEXION STRETCH

(one side, then the other, push pelvis across as you bend)