

BEATING HEARTS BOOTCAMP STRETCHES

Why stretch

Stretching before or after exercise can not only aid performance, endurance and recovery, it can help to increase your range of motion and prevent injury to your muscles and joints; helping you feel strong and flexible after each session. Stretching regularly can also reduce stress and anxiety, which leads to a healthier heart.

When to stretch

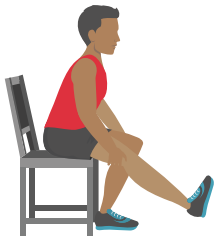
Stretch before and after you exercise. If stretching before you exercise, start with a brief warm up by marching on the spot for 3-5 minutes.

Here are some great stretches you can start with:

Seated Hamstring Stretch

Muscles at the back of the leg

- Sit with back straight
- Bend one knee
- One leg out straight
- Toes up
- Lean forward to reach towards/touch your toes



Quadricep (Quad) Stretch

Muscles on the front of your leg

- Stand straight
- Lift and hold one ankle
- Keep your knees together
- If you find balancing a bit tricky, you can hold on to something stable (ie heavy chair or bench)
- Repeat on opposite leg
- You can use a towel if you find it hard to reach your foot



Calf Stretch

Muscles on the back of your lower leg

- Keep back straight
- Put one foot forward, bend front knee, make sure heel is flat on the ground
- Keep back leg straight
- Repeat on opposite leg



Glutes Stretch

Muscles in bottom and hip

- Sit on a chair
- Keep back straight
- Put one foot flat on the floor
- Lift other knee up toward chest and hold
- Repeat on opposite leg



Chest Stretch

Muscles in the chest

- This stretch is best done in a doorway
- Stand straight with arm up in a stop sign, elbow bent
- Shimmy your toes around to face away from doorframe until you feel a nice stretch in your chest
- Hold then repeat on the other side



Tricep Stretch

Muscles on the back of the upper arm

- Put one arm straight up
- Bend elbow
- Use other hand on top of your elbow to place a little bit of pressure so you can feel that stretch
- Hold then repeat on the other side



Tips

- Stretch slowly, ease in and out of each posture.
- Hold each stretch for 10-30 seconds.
- Repeat each stretch 3 - 4 times.
- Avoid bouncing.