

Exercises for Stretching

■ **Simple standing up stretch.**

Try to push down as far as you can go without severe pain.

Objective: Touch the ground, hold your head loose, and hold her position for at least 10 seconds. Try to press your entire palms onto the ground and push your head towards your knees or calves while maintaining a straight back.

■ **Simple sitting down stretch.**

Sit down with straight knees/extended legs, flex your feet as much as you can with a straight back and hold.

Objective: hold position and get flex your feet as much as you can while holding straight knees and back.

■ **Surface stretch.**

You can use an elastic if you need it. Place feet against a flat surface with straight knees, try to touch toes and push head as far as it can go towards knees or calves.

Objective: Touch toes and relax head, hold position for at least 20 seconds.

■ **Hamstring stretch.**

Kneeling on one knee with the other leg outstretched, try to hold toes and push head towards knee. Repeat with both legs.

Objective: Touch toes and relax head, hold position for at least 20 seconds.

■ **Lunge stretch.**

Go into a lunge with right/left leg in front, go up and then go into lunge position again 5 times, then repeat with the other leg. Try holding the lunge position and going down again and again.

Objective: Slowly move lower in the lunge and hold the position (20 seconds)

■ **Side stretch.**

Sit with your legs slightly open into a middle split as far as you can open them. Then go down as far as you can towards each leg 4 times.

Objective: Get closer to each leg during this stretch.

■ **Butterfly stretch.**

Open your hips more and more until both knees touch the ground, lean forward with a straight back.

Objective: Oustretch your arms along with a full butterfly position for at least 20 seconds.

■ **Hip opening stretch.**

Lie down on your stomach with your knees bent into the butterfly position, trying to push your legs closer to the floor.

Objective: Knees touch the floor, hold position for 20 seconds.

■ **Back stretches**

Bridge from standing up (5 times) + back handsprings from diagonals + scorpion (standing up, pull your leg towards your head and extend it)

■ **Elastic hamstring stretch.**

Lie down with straight legs and put one leg at a 90 degree angle, pull it close to touch the floor (can use elastic)

Objective: Hold leg to the floor with two straight knees and square hips for at least 30 seconds

■ **Downward dog stretch**

■ **Leg extensions**

necessary for turnout and leg flexibility

each leg: ten kicks front, side, and back to warm up

then - pull your leg in each direction for at least 20 seconds

■ **Splits/Oversplits**

20 seconds in each direction. Then, oversplits on a chair (right and leg left front, then middle splits and push your back down as far as it can go)