

Stretching guide

1. **The arch self-massage.** Using your thumb, rub the arch of each foot in a circular motion for 30 seconds. Repeat on your other foot.
2. **The ankle roll.** Rotate each ankle in a circle ten times in each direction.
3. **The Achilles crouch.** Keeping your heel planted, lean forward from a crouching position. You're stretching the Achilles tendon, which runs down the back of the ankle to the heel. Repeat on your other leg.
4. **The lunge stretch.** In a lunge position, keeping your forward knee behind the forward ankle, lower your pelvis to the ground. Keep your head up, shoulders level and eyes looking forward. This is for your groin and hips. Reverse foot positions and repeat on your other side.
5. **The butterfly stretch.** Using your elbows, press your knees down toward the floor. This stretches your inner thighs and hips.
6. **The glute stretch.** Lying on your back, hug your knees toward the floor. This stretches your 'bum' muscles.
7. **The figure '4' stretch.** Bring your foot to your opposite knee, making the figure '4' with your legs. Lean forward from the hips, bringing your nose to your knee. Keep your back straight to stretch the hamstrings and lower back. Reverse your leg positions and repeat.
8. **The spinal twist.** Cross one leg over the other extended leg, planting your foot on the floor. Twist your trunk toward the crossed leg. Switch legs and repeat on your other side.
9. **The seated hamstring stretch.** Bending at the hips, lean forward reaching your hands toward your feet. This stretches the back of your thighs and lower back.
10. **The squatting stretch.** Keep both heels planted and lower your bottom into a squatting position; hold the position.
11. **The calf stretch.** Using a wall, tree, or a partner for support, extend one foot 3 feet away from the support, with your heel firmly planted. Lean forward to stretch the calf of your extended leg, putting your weight over your bent leg. Repeat with your other leg.
12. **The quadriceps stretch.** Supporting yourself against a wall or tree, or a walking partner, bend one knee, grabbing the ankle or foot. Gently pull your heel towards your bottom, stretching the front of your thigh.
13. **The backstretch.** Reach behind your head and grasp the opposite elbow, gently pulling it back and towards the centre of your body. This stretches the triceps.
14. **The shoulder/chest stretch.** Interlock your fingers behind your back. Keeping your chest high and eyes looking forward gently raise your arms.