

Stretches and poses

These stretches and poses are about lengthening the muscles and the range of movement you have. If these are new to you then take your time and approach them being mindful that they are designed to be gentle on the body and not causing tension or pain. Make sure you think about keeping your breathing consistent and relaxed. Hold the poses for around 30 seconds each. Demonstrated by CP Sport Young Ambassador Catriona Chung.

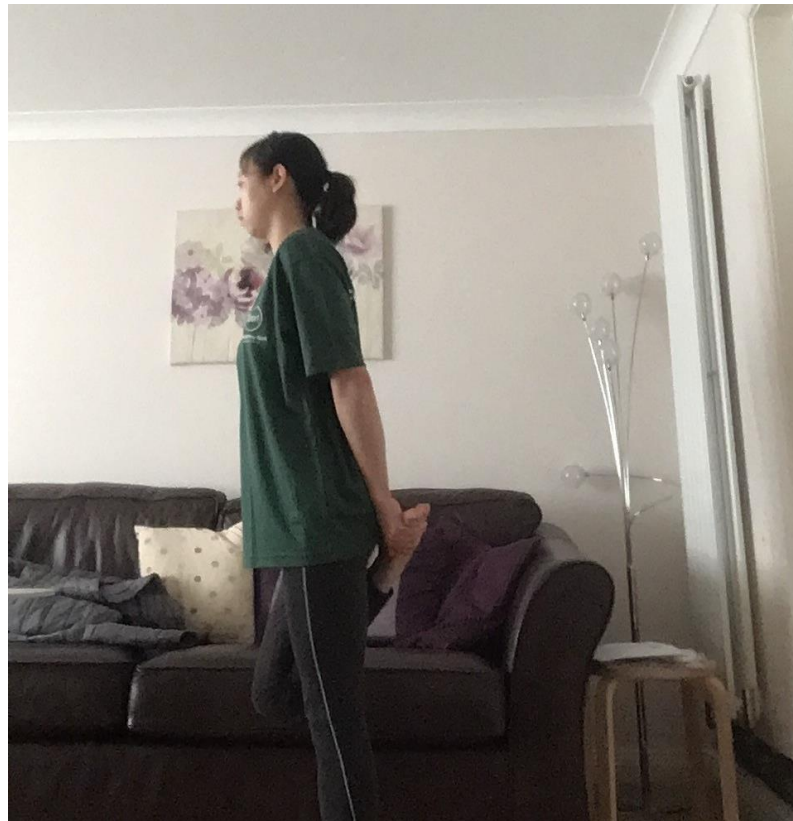
1) **Forward bend.**

Standing with feet close together gradually round your back towards the floor whilst reaching towards your toes. Try to keep your legs straight (only a slight bend in the knee). This will be targeting the backs of your legs within the hamstrings and calf muscles.



2) Standing quad stretch

In your normal standing position slowly lift your leg by bending the knee and grab the top of your foot. Try to keep your knees in line with one another and gently squeeze your hips forward to make the stretch stronger. Stand near a wall if you need a little extra stability.



3) Standing pectoral stretch

Standing normally, move your hands behind to your lower back and grasp your hands together. To make it stronger you can slowly start to lift your hands whilst keeping your arms straight. Make sure you keep standing in an upright position and open your chest.



4) Butterfly stretch

Sitting on the floor, bend your legs and bring the bottom of your feet together. Gently press the bottom of your feet together and squeeze your legs trying to get your knees closer to the floor.



5) Downward facing dog

Start on all fours, toes on the floor as if you were going to stand on your feet. Push up through your legs, aiming to keep your arms straight and only a slight bend in your knees. Trying to get your heels towards the floor.



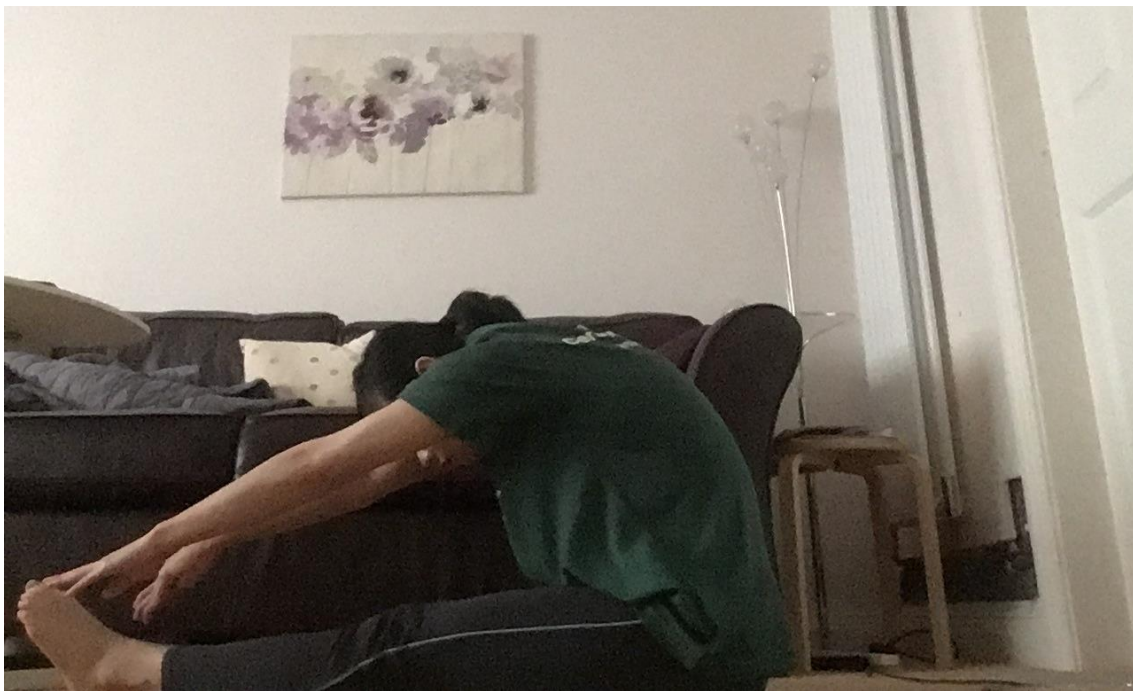
6) Low cobra

Lying face down, bring your arms into a letter E shape. Switch your glutes (bum muscles) on and gently push up through your arms until you feel a nice arch in your back. To make it stronger you can move your hand closer to your body.



7) Seated forward bend

Sitting on the floor with your legs out straight in front of you. Reach forward with your arms to try and get as close to your toes as you can.





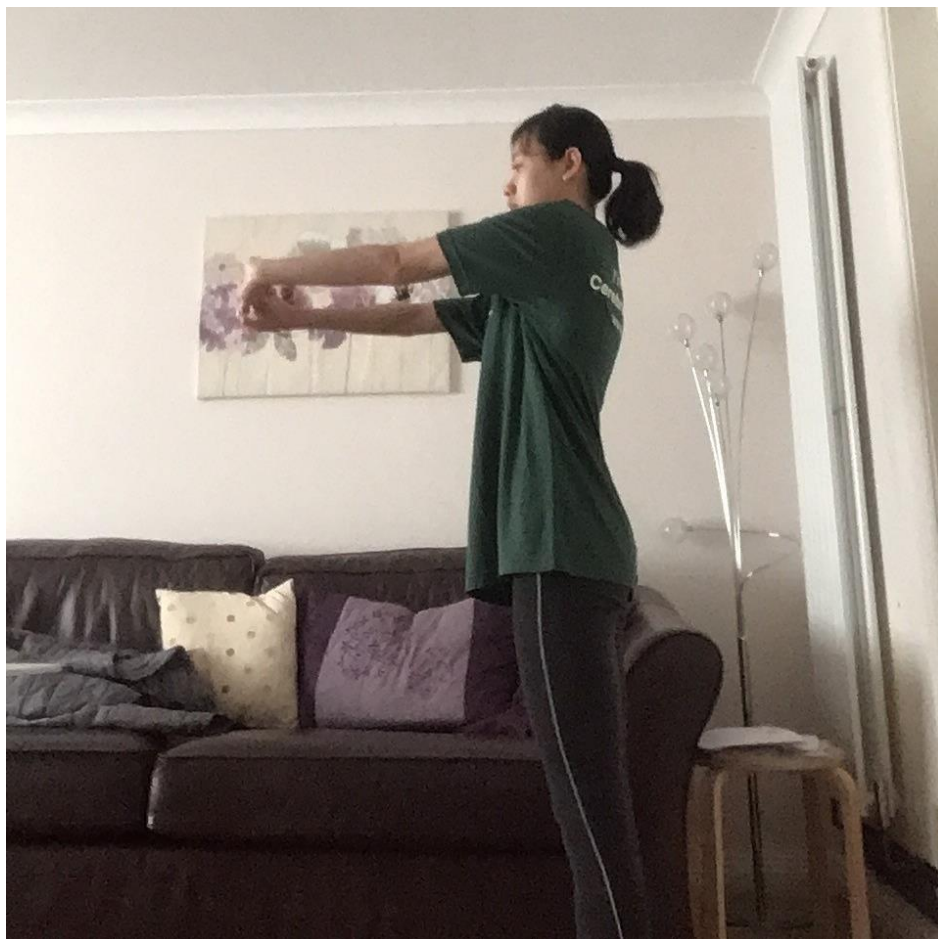
8) Glute Bridges

Lying face up, bend your knees and place your feet on the floor, hip-width apart. To begin, push up through your hips and glutes to make a slope from your knee to your waist. Try to keep your arms and shoulders relaxed. This pose will help to strengthen your glute muscles. Hold for 5 seconds and then return to the start position. Repeat 5 times.



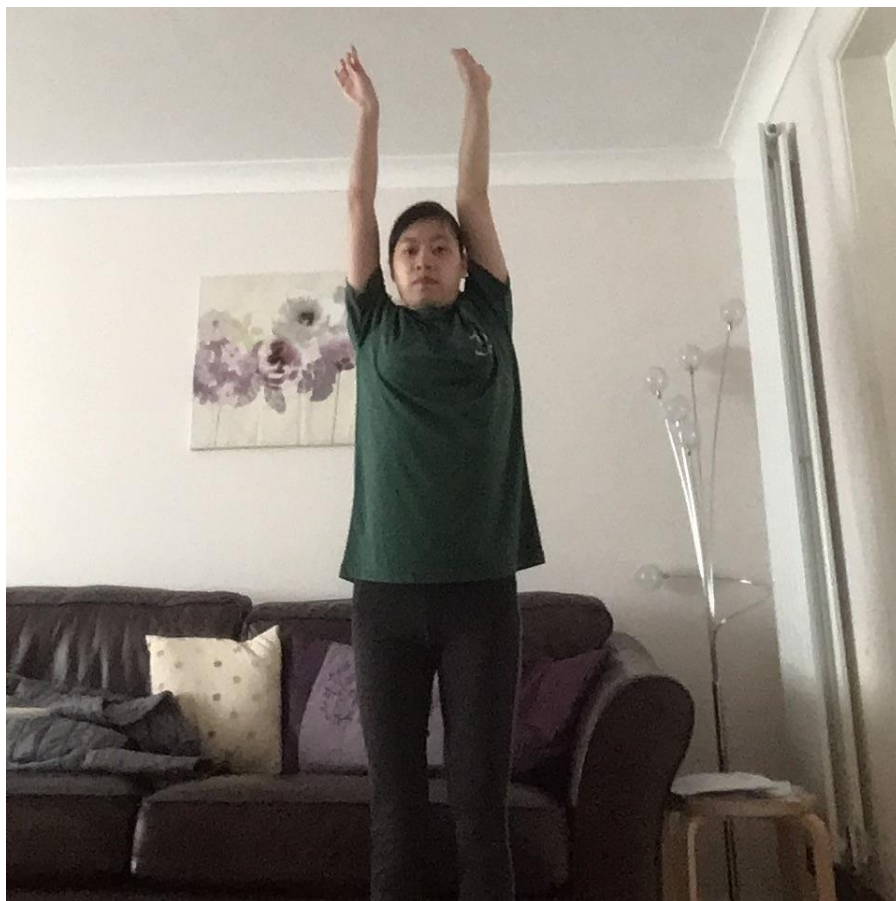
9) Rhomboid stretch

Standing as normal, reach both hands out in front of you with hands grasped together, trying to arch your upper back and reach away. This stretch will target the muscles between your shoulder blades.



10) Standing reach

Normal standing position, now reach with both arms up to the ceiling as high as you can and hold. Imagine someone trying to pull your arms up to stretch them.



11) Downward dog with a leg lift

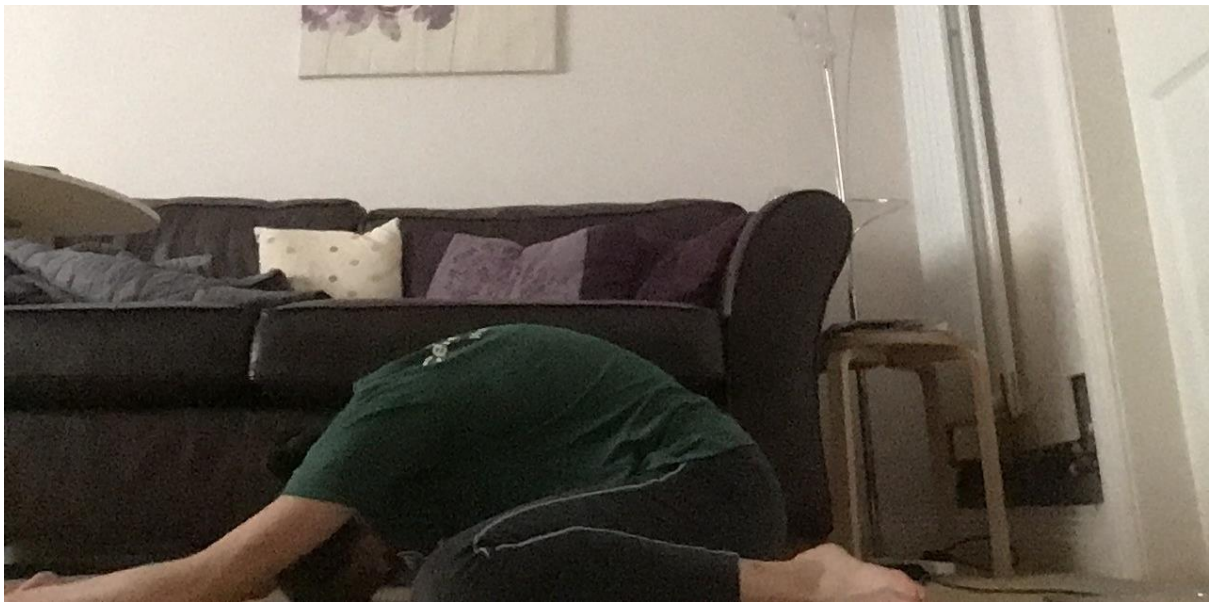
See downward dog, now lift one leg as a time to bring it to level with hip height, trying to push your heel away. Hold for around 5 seconds and then swap sides.





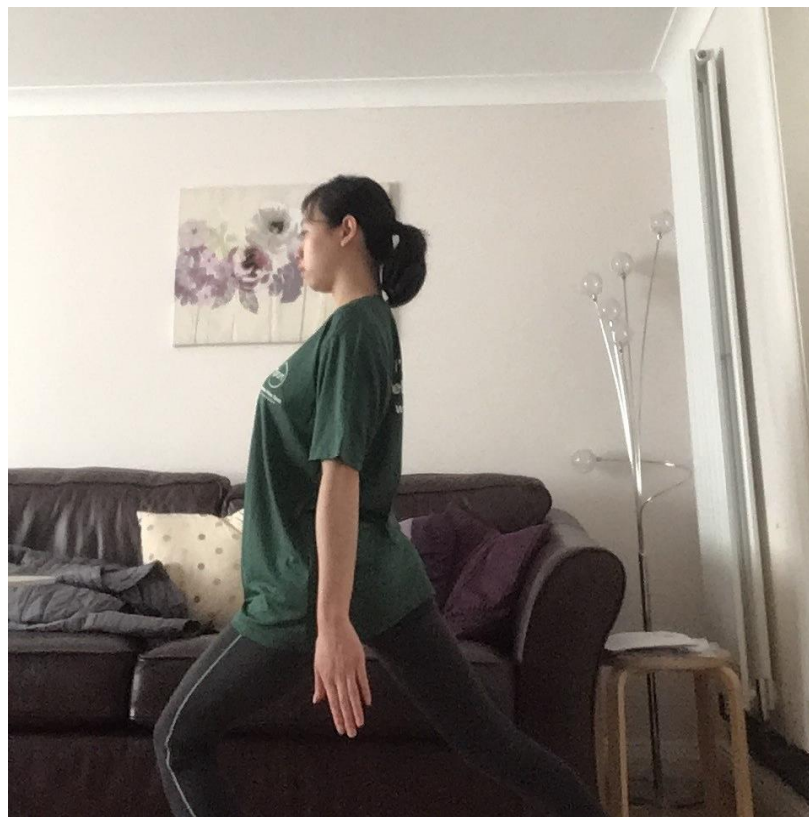
12) Childs pose

Start in a kneeling position, now take your bum down towards your heels and reach your arms away from you.



13) Warrior position

Take a big step forwards and keep your toes pointing forwards too. You should have about a leg distance gap. Bend your front leg slightly and keep the back leg straight. Try to keep your body in an upright position. Hold this for 20-30 seconds and change sides.



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