

Exercise and Fitness stretches.



Music

Duration

Component

Discipline: **prep stretch**
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Exercise Description	Set & Reps	Objectives	Muscle Groups	Teaching Points/Instructions	Progressions & Adaptations
Quadriceps stretch	1 on each leg. Hold for 30-35 secs	Stretch the front of the thigh out	Quadriceps and Hip flexor.	Stand with your feet hip distance apart, with your right hand grab your right foot behind you and stretch it into your right buttock. You may hold onto a piece of gym equipment or your instructor for balance. Pull your stomach in.	Brace the hip forward to deepen the stretch or release the back bent foot away from the buttock.
Ham string stretch	1 on each leg. Hold for 30-35 secs	Stretch out and release the ham string	Ham string, buttocks and abductors	Stand with your feet hip distance apart, put your left leg forward bending the right knee, so the left leg is straight at a 45% angle. Then placing your left hand on your left knee sit down into the stretch.	Deepen the stretch, press your front foot into the ground and point your buttocks towards the surface behind you.
Glute stretch	1 on each leg. Hold for 30-35 secs	Stretch out and release the glutes and hips	Glute Major, medius and minor. Slight hamstring	Lay on your back, both feet hip distance apart. Take one foot and cross your ankle over the opposite knee. Then reach between your thigh with one hand and around the outside with the other, then draw the thigh back lifting the foot off the floor.	Leave the foot on the floor to lessen. Also keep your head up to lessen stretch too. Push your elbow into your knee side to deepen stretch.

Candidate Signature..