Stretching Principles

- Only stretch to your level of comfort
- Stand with feet spread shoulder-width apart and knees slightly bent
- Move in and out of stretches slowly (2-3 seconds each)
- Hold each stretch for 4-8 seconds at a gentle level and breathe normally throughout
- Protect your back by keeping your head up and eyes forward
- Relax fully after each stretch

Shot Put

Continue warm-up
• While continuing to side step perform the following:
  - Step forward 8-10 times (8-10 times)
  - Spread feet more than shoulder-width apart
  - Push down on heels and hold
  - Keep your knees straight and swing your arms backward
  - Extend arms in front of you
  - Reach behind you
  - Turn your head in the opposite direction
  - Keeping your hips and shoulders straight
  - Slowly pull arms in at elbow and push back out.

Skyward Reach

Targets Shoulders and Upper Back
• Tilt your head slowly forward and tuck your chin.
• Next, with head up and eyes forward tilt your head to the right while extending your hand forward parallel to the ground pointing downward.
• With your left hand, grasp your right elbow and pull gently.
• Repeat sequence with your left arm.

Shoulder Release

Targets Shoulders and Upper Back
• Stand with feet spread shoulder-width apart
• Extend arms behind back and clap hands
• Tilt your wrists upwards slightly
• Pull your hands apart, forming a V-shape at the bottom,
• Hold that stretch.

Skyward Reach

• Repeat sequence for the left arm.

Calf

Targets calf, leg, and Achilles tendon
• Stand with your left foot forward
• Extend your right foot 2-3 feet backward in line with your left foot
• Keep your back straight, head up, eyes forward and both heels flat on the ground.
• Bend your left knee slowly and lean forward until you feel the stretch. Keep both hands on your left knee.
• Repeat sequence for left calf.

Hamstring

Targets Hamstrings and Back Thighs
• Extend right foot at a slight angle, 1-2 feet in front of left foot
• Lift toes at right foot, keeping the heel on the ground.
• Lean forward slightly at the waist and brace yourself with both hands on left thigh.
• To emphasize this stretch, raise your toes up further or extend them down.
• Repeat sequence for the left hamstring.

Squats

Targets quadriceps, hamstrings, and glutes
• Stand with your feet flat and spread slightly more than shoulder-width apart
• Bend slowly at the knees, lowering your rear end back to an incline.
• Always protect your back by keeping your head up and eyes forward.
• Keep your knees behind the plane of your toes and legs parallel with the ground.
• Keeping your weight on your heels, rise slowly.
• Repeat sequence 5-20 times.

Chest

Targets chest, legs, and forearms
• Extend your right arm and slowly pull your right hand down to your left hip.
• Bend your left knee slowly and lean forward while leaning your chest against your right hand.
• Extend your right arm and lean forward until you feel the stretch.
• Repeat sequence for right chest.

Tricep

Targets triceps and lats
• Extend your right arm and lean forward.
• Pull your hand up gently by bending at the elbow.
• Tilt your wrist upward slightly.
• Extend arms behind back and clasp hands.
• With your left hand, grasp your right elbow and pull gently.
• Repeat sequence with your left arm.

Neck

Targets neck and collar muscles
• Stand with feet flat and spread slightly more than shoulder-width apart.
• Extend arms behind back and clap hands.
• Tilt your wrists upwards slightly.
• Pull your hands apart, forming a V-shape at the bottom, hold that stretch.

Hamstring

• Extend right foot at a slight angle, 1-2 feet in front of left foot
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Skyward Reach

Targets legs, tibia, and fibula
• Extend right foot at a slight angle, 1-2 feet in front of left foot
• Lift toes at right foot, keeping the heel on the ground.
• Lean forward slightly at the waist and brace yourself with both hands on left thigh.
• To emphasize this stretch, raise your toes up further or extend them down.
• Repeat sequence for the left hamstring.

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