

Hamstring Stretch



- Sit on the ground with both legs straight out in front of you.
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg.
- Allow the left leg to lie relaxed on the ground.
- Bend forward, keeping the back straight.
- You will feel the stretch in the hamstring of the right leg.
- Hold the stretch for 30 seconds.



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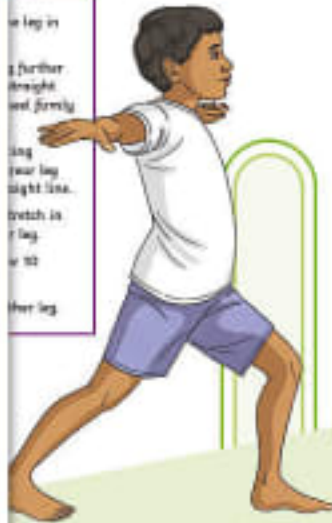
and Thigh Stretch

- Stand tall, with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel to the ground and the right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use the arms to balance.
- You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Hold the stretch for 30 seconds.
- Repeat by turning and facing to the left.



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Triceps Stretch

- Stand with your feet shoulder width apart and bring your left foot up towards your bottom.
- Take hold of the left ankle with the left hand and ease the foot closer to your bottom.
- Your right arm should be extended out to the side for balance.
- Hold the stretch for 30 seconds.
- Repeat with the right leg.
- You will feel the stretch along the front of the thigh.



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