



Posterior Chain Stretches

TD Fitness



Coach T.

Seated Back Stretch



- Sit upright in a chair.
- 1 - Bend over at the waist, lowering your head and hands towards the floor, rounding your back.

Back Stretch



- 1 - Stand upright with one foot on a bench in front, knee bent and your arms by your sides.
 - 2 - Lean your torso slightly forward and rotate your spine to bring your opposite arm to the outside of the raised knee.
- Hold, then return to the upright position and repeat.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

Hamstrings Stretch



- 1 - Stand upright with your arms by your sides.
 - 2 - Bend forward at the waist, lowering your hands toward the floor, or as far down as possible.
- Keep your legs straight and do not bounce.

Adductors Stretch



- 1 - Start in a semi-squat position with your feet wide apart and your hands or elbows on your knees.
- 2 - Squat lower, sending your hips back and down and slowly pushing your knees outward with your elbows.

Calves Stretch



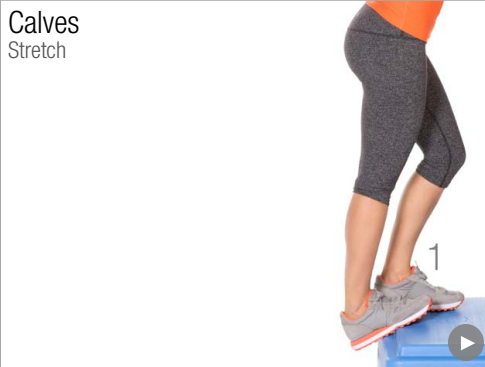
- Stand upright, bracing yourself against a wall or solid support with your back leg straight and your front leg slightly bent at the knee.
- 1 - Keeping your back foot flat on the floor, lean your weight forward and push into your back heel.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Calves Stretch



- Stand upright with your feet split front to back, both knees slightly bent and your hands on the wall or solid support in front.
- 1 - Lean your weight into your back heel, keeping both feet flat and push into the wall.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Calves Stretch



- Stand upright with your toes of one foot on a step or elevated against a wall or block.
- 1 - Lean your weight forward, dropping your heel and pushing into your foot.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Back Stretch



- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

Hip Flexors Stretch



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
 - 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
- Keep the front foot flat throughout.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.



Posterior Chain Stretches

TD Fitness



Glutes Stretch



- Sit on the floor with one leg straight and the other bent with your foot crossed over to the outside of the straight leg.
 - Place your opposite elbow on the outside of the bent knee, turning your torso.
- 1 - Gently pull your knee across your body with your elbow as you look to the other side.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Hamstrings Stretch



- 1 - Sit upright with both legs and arms straight out in front.
- 2 - Reach forward, lowering your hands towards your toes, keeping your legs straight.

Back Stretch



- 1 - Lie on your back with your feet up and your knees bent at 90 degrees holding behind your knees.
- 2 - Gently pull your knees to your chest, allowing your lower back to round slightly.

Glutes Stretch



- Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.
- 1 - Lean your upper body forward, gently pushing your hip into floor.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Lower Back Stretch



- 1 - Lie on your back with your feet flat, knees bent and your arms by your sides.
- 2 - Raise your feet, bringing your knees into your chest with your hands at the back of your knees and gently pulling your legs closer.
- Hold for a few seconds then lower your feet back to the floor.