

ACT

1 Set / 3 Reps / 30 s hold



### 1. Thigh, hip and spine opener - level 2

Lie on your side with your legs straight.  
Ensure you have a good support for your head so that your neck is in alignment with the rest of your spine.  
Keeping your bottom leg straight, bend your top leg up so that your hip and knee are at 90 degrees.  
Use your bottom arm to support the knee.  
For a stronger stretch, place your bottom hand on top of your knee and apply downward pressure.  
Next, bend your bottom knee 'kicking your heel to your buttock'.  
Rotate your shoulders and chest round to face up while reaching back with your top arm to hold the top of your foot or ankle.  
Take a deep breath in.  
As you exhale, allow yourself to rotate further into the stretch.  
Inhale, and ease off the stretch.  
Exhale, and deepen the stretch.

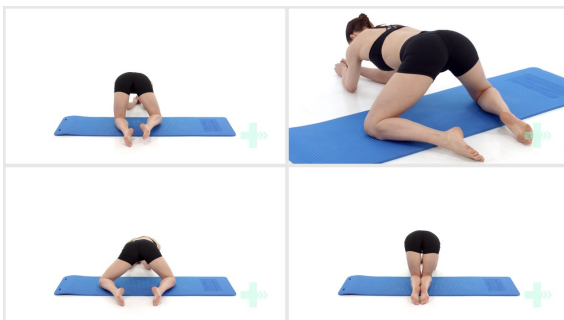
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### 2. Hamstring stretch supine

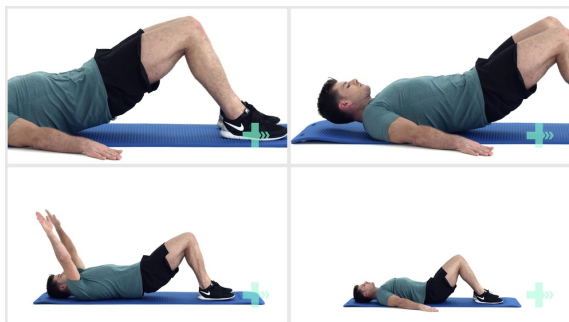
Lie on your back.  
Bring the leg to be stretch in towards you.  
Clasp your hands around the back of your thigh.  
Straighten your leg as much as you can.  
You should feel a stretch in the back of your thigh.  
Hold this position.

1 Set / 3 Reps / 30 s hold



### 3. Kneeling hip adductor stretch "Frog"

Kneel down and place your forearms on the floor in front of you.  
Keeping your back straight, walk your knees out to the sides with your hips in the air.  
You may need to use your hands to move your knees further apart.  
When you feel a stretch down the inside of your thighs, hold this position.  
Dropping your hips back towards your heels will increase the stretch.  
Pushing your hips to one side will increase the stretch on the opposite side.



#### 4. Bridge hold single leg extension

Start position is lying on the back with the hips raised off the floor and body supported by the upper back and feet, keep the head off the floor with the chin tucked in.

Lift one leg and straighten at the knee.

Keep the leg aligned with the trunk.

Do not let the pelvis sag down to the side.

Hold this position, then switch legs without lowering the hips, as long as your form remains perfect, continue on switching over between legs.

Advanced techniques include placing the arms overhead and the heels further from the body when commencing the exercise.



#### 5. Hip flexor stretch kneeling

Kneel on the floor and place the unaffected foot in a large stride in front of you.

Push the hips forwards evenly and keep you body straight until you feel the stretch in the front of the hip on your back leg.

Hold this position.