



Flexibility program

This is designed to be part of your Core and Agility & Power programs. To be effective it is best done daily regardless of your training. This program is part of a weekly routine, done six days per week after each of your sessions.

It is imperative that you do this right after your routine while your muscles are warm. You should not stretch to the point of pain. The purpose is to relax your muscles and allow stretching to occur naturally. If it hurts, it is probably because the stretch is being done incorrectly or you are pushing too much. Ease into it and give your self the goal of stretching further each session, naturally and without pain.

While stretching it is important to breath. This not only helps you to relax, but the oxygen intake helps the blood flow which in turn helps the stretch.

There are pictures below that show you how to do the exercises. Ask a friend or a parent to help you when needed and to check the quality of your exercise. There really is no point doing it if it is not done well.

Do each stretch twice for 45 seconds to a minute. The first stretch will relax your muscles and the second stretch will increase flexibility.

Be creative if you like. If you know other stretches that work these muscle groups, give them a try. A great way to do this is in a group and each person picks a stretch for a specific muscle group.

Please get in touch with me if you have any questions.

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Shoulders



Hip Flexors



Hamstrings

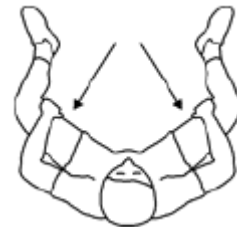


Lower back



Lower back/hips

Hamstrings



Quadriceps

Groin