



HealthStack
PROVEN PRACTICES

STRETCHING GUIDE



We recommend picking one stretch from each catalogue, add them into your morning or evening routine and be consistent.

Lower Back Catalogue

Top Image: Lay flat on the floor keeping both shoulders down. Cross one leg over your body as pictured. Push the outside of the knee down to the floor without letting the opposite shoulder raise - Hold for 2 minutes per side.

Bottom Left Image: Sit on the ground, knees out and bottom of your feet together in Butterfly. Use a band or an upright to pull your chest close to your feet. Hold for 2 minutes

Bottom right Image: Start as close to the wall as possible. Have one leg bent on the wall and cross the other one over the bent legs knee. Now sink your hips down to the ground without twisting your hips. Hold for 2 minutes per side.



Hamstring Catalogue

Top Image: You need a wall and a broom stick/PVC Pipe to assist you. Start feet wide apart, toes turned out slightly. Keep your hips square to your feet and your butt off the wall. As you loosen up continue to shuffle your feet wider with micro movements, Hold for 2 minutes

Bottom Left Image: Use a band or an upright. Legs and feet together grab on and pull the band or upright towards you. Breathe in and as you exhale & sink deeper. Hold for 2 minutes.

Bottom right Image: Follow instructions as per bottom left, this time legs are spread apart in a 'V' shape. Hold for 2 minutes.

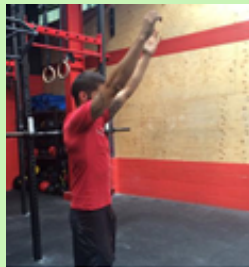


Shoulder Catalogue

Top Image: Straight Arm Shoulder Rolls. Keep arms long and straight and try to create the largest circle you can. 20 reps one way and then reverse for another 20 reps - repeat twice.

Bottom Left Image: Hanging. Find a pull up bar, jump or grab onto the bar with both hands and take your full body weight or some of it by keeping one foot on the ground. Allow your body to sink and shoulders to relax. Hang for 30-60 seconds.

Bottom right Image: Use an TRX or set of rings at hip height. Start with feet under rings and then control yourself forward leaving the rings behind and thumbs facing out. Round shoulder blades and drive chest to the roof. Hold for 60 seconds.



Thoracic Catalogue

Top Image: Sitting on your ankles and shins, bring both elbows together on the ground. Bring one hand behind your lower back. From there rotate your shoulders and chest towards the ceiling. Perform 5 reps per side.

Bottom Left Image: Keeping the body in a straight line with arms relaxed pull the chest towards the ground. Hold for 1 minute. Use a bench top if at home.

Bottom right Image: Using a band or a post behind you point your elbow to the ceiling with your hand on your back. Lean forward through your armpit area and hold for 1 minute per side.

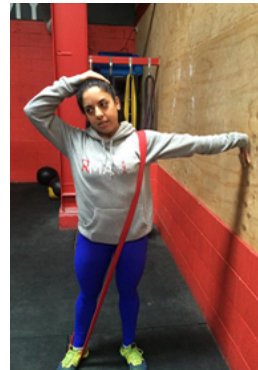
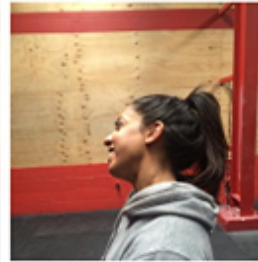
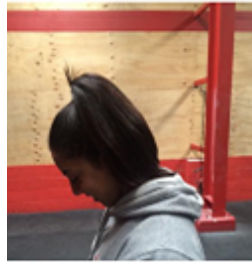


Neck Catalogue

Top Image: Effective Neck Circles. Follow the circle by going chin to chest, ear to shoulder, back of your head to your upper back, ear to shoulder and repeat 20 reps. Imagine drawing the largest possible circles.

Bottom Left Image: Use a band or an upright. Standing on the outside, position the outside hand behind your body to grab the band or bar and lean away. Use the opposite hand to grab the top of your head and gentle stretch ear to shoulder closest to the band or upright. Hold 1 minute per side.

Bottom right Image: Supinate the arm and push into the wall. Gently stretch ear to shoulder away from the arm that is being stretched. Hold for 1 minute per side.



Hip Catalogue

Top Image: Set your knee as close to the wall as possible, keep your chest up and use the opposite leg for balance. Hold for 90 seconds.

Bottom Left Image: Lay flat on the ground with your feet out and knees in. Begin to push your knees down into the ground. Use a friend to spot you to add more resistance, keep feet wide at all times. Hold for 1 minute..

Bottom right Image: Bum, lower back and mid back flush against a wall. Bottom of feet together knees wide. Place hands on the inside of the knees and gently push the outside of the knees to the floor. Hold for 2 minutes.

