PROGRAMME · STRETCHING STRAP

15 minutes to *improve flexibility*

COREFLO

Duration · 15 min | **Level** · all levels | **Frequency** · 4 to 5 times a week | **Hold** · 30 s per stretch



1 Hamstring stretch

HAMSTRINGS · CALVES

1. Lie on your back, strap around one foot, leg straight up.
2. Gently draw the leg closer by pulling on the strap.
3. Hold for 30 seconds while breathing, then switch legs.

2 × 30 s
each leg, hips down



2 Seated forward fold

BACK · HAMSTRINGS

1. Sit with legs straight, strap around your feet.
2. Lengthen your spine, then lean forward, pulling on the strap.
3. Hold for 30 seconds, relaxing a little on each exhale.

2 × 30 s
long back, not rounded

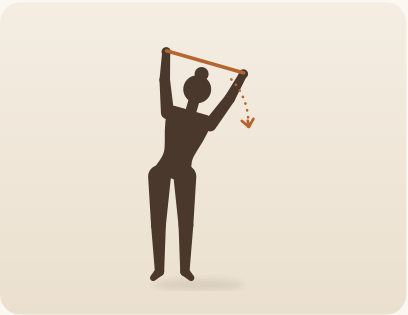


3 Shoulder opener

SHOULDERS · CHEST

1. Stand holding the strap with both hands, arms wide overhead.
2. Gently take your straight arms back.
3. Bring them forward again, without forcing.

2 × 8
hands wide apart



4 Side bend

SIDE BODY

1. Stand with the strap held taut overhead.
2. Lean your torso to one side as you exhale.
3. Hold for 20 seconds, then switch sides.

2 × 20 s
each side, hips still

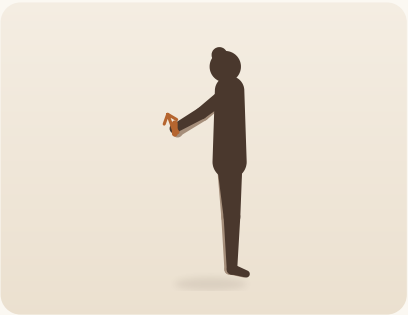


5 Quad stretch

QUADS · HIPS

1. Lie face down, strap around one ankle.
2. Bend your knee and gently pull your heel towards your glutes.
3. Hold for 30 seconds, then switch legs.

2 × 30 s
each leg, knees together



6 Chest opener

CHEST · SHOULDERS

1. Stand holding the strap behind your back, arms straight.
2. Open your chest and lift your arms slightly behind you.
3. Hold for 20 seconds while breathing.

3 × 20 s
shoulders away from ears

Breathe well

Start with 3 minutes of walking or gentle mobility. Breathe slowly through your nose and let go a little more on each exhale. A stretch should be felt, never painful.

Practise safely

Never force or bounce. Stop any exercise that causes pain. If you have an injury, are pregnant or have a health condition, ask a doctor or physiotherapist before you start.