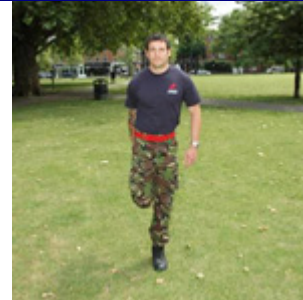
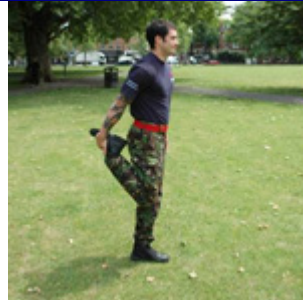


Top 10 BMF stretches

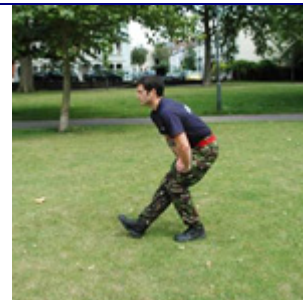
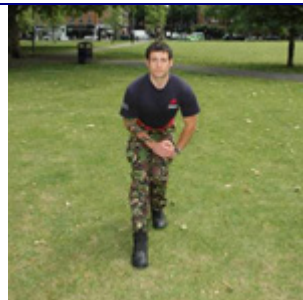
Quad Stretch

Standing, grab the lacy part of the left training shoe, while standing on the right leg. Bring the heel to the backside, ensuring that your knees are together and rotate the hip to the up and hold. Change legs and stretch the other side.



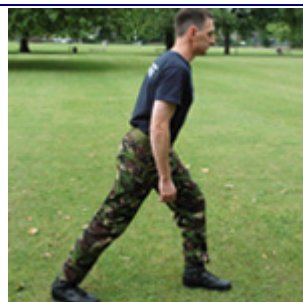
Hamstring Stretch

Stand with feet together, toes pointing in the same direction. Bend your right knee slightly and straighten your left leg. Your left foot will be forward of your right foot. Support yourself by placing your hands on the upper thigh of your right leg. "Sit" back and sink lower into the stretch to extend the stretch.



Calf Stretch

Take a large step forward and slightly bend this leg while the rear foot remains flat on the floor. Lean forward pushing your hips to the front. There should be a straight line from the head to heel. This can also be done leaning against a wall or using someone else to balance with both people having their hands on their partner's shoulders.



Groin Stretch

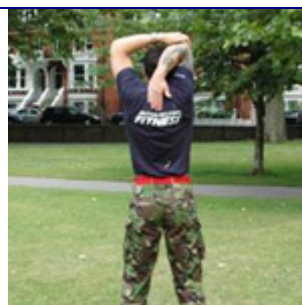
Sit on the floor upright, place the soles of your shoes together. Grab the lacy part of the shoes and bring heels closer to the torso. To increase the stretch, bring the heels closer to body and push down onto your legs with your elbows.

**Shin Stretch**

Stand close to a wall or tree and come up onto your tip toes using the wall or tree for balance. Then kneel down in the "prayer" position and lean backwards to stretch off your shins (tibialis anterior) that bit more.

**Tricep Stretch**

Standing, put the left arm straight into the air, bend at the elbow, and have the thumb running down the centre of the spine. Once you can feel the stretch in your arm, you can increase the stretch by adding pressure to your elbow with your right hand. Ensure you do not use your head as a pivot and your chin is off your chest.

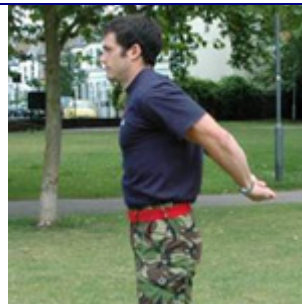


Shoulder Stretch

Put your left arm out straight, bring it across the body with the thumb pointing down to the ground. Right arm to pull the left tight toward the chest ensuring you pull either side of the elbow.

**Chest Stretch**

Place both arms behind the back, palms facing the sky, interlock thumbs and raise into the air. Ensure you do not lean forward and the arms remain straight.

**Abdominal Stretch**

Lie on your stomach, place your forearms on the ground with elbows directly under your armpits and lift your head shoulders up and backwards (jutting your jaw out in the process). Do not push up with your hands as this will provide increased strain to the lower back.



Lower Back Stretch

On your hands and knees, move the backside down to the heels and walk the hands forward keeping as low as possible at all times.

**Key points to note when stretching**

- 1) All cool down stretches should be held for a minimum of 20-30 seconds. The longer you stretch, the more benefit you will get
- 2) You should not stretch to the point of extreme discomfort! Stretch no further than the point of resistance and then hold the stretch to extend it. Stretching beyond the point of resistance might cause more damage than good.