

POST-POOL

- **Neck**; left ear to right shoulder, right ear to left shoulder, look over left shoulder, look over right shoulder.
- **Rotator cuff**; lying down, shoulder at 90° to body, palm down towards the floor, back of hand to floor.
- **Shoulders**; hand on something stable, keep arm straight, push arm backwards until you can feel stretch down your armpit.
- **Triceps**; arm bent over the top of your head, reach down your back and pull elbow with other hand.
- **Abdominals**; happy cat angry cat, cobra stretch.
- **Side Stretch (Latissimus Dorsi)**; both arms holding arms stretched straight over your head, then lean and hold to left and right.
- **Gluteus**; sitting on the floor, cross one leg over the other, pull top knee towards you and hold the stretch, Swap the legs, which one is on top.
- **Hip Flexors**; one knee on the floor, other foot in-front with knee bent, push your hips forward, alternate leg that is in front.
- **Quadriceps**; standing up, balance on one leg, pull one heel up towards your bum and hold, alternate legs.
- **Hamstrings**; sitting on floor, bend one foot towards you, other leg straight, lean your body towards the straight leg and hold, alternate legs.
- **Groin**; sitting on floor, bend knees and bring your heels towards yourself, let knees fall out to the side.
- **Gastrocnemius (Calf)**; pushing against the wall in standing, one leg in front of the other (one meter apart), both feet make sure toes are pointing forwards, straighten the back leg to feel a stretch and hold, alternate legs.
- **Foam Roller** on any areas that are sore.