



JOINT PREP

HIPS



SMR I-T BAND / QUADS



Technique

30s on each leg



Begin lying on your side with the foam roller placed under your knee. Support your weight on either your hand, or elbow, and place your other leg either on top (as shown) or in front of the roller. This is your starting position.



Roll down so that the roller rolls all the way up to your hip along the outside of your leg, before rolling back to the start position at the knee. Gradually work the roller from the side of the leg to the front with each subsequent roll



Perform for approximately 30s prior to switching legs and repeating the process



HIP FLEXOR / QUAD STRETCH



Technique

2x 3 reps on each leg - hold for 10s



Begin in the half kneeling position with one knee on the floor directly below the hip, and the other foot placed in front on the floor directly below the knee.



Squeeze your glutes in order to slightly tilt the pelvis under and then reach your hands, holding this stretch for 10 seconds prior to switching legs – Repeat 3 times on each leg.



Add a gentle rock forward and back to increase the stretch at the front of the hip.

Increase difficulty by placing back foot on a bench with knee on the floor



PIGEON STRETCH



Technique

2x 3 reps on each leg - hold for 10s



Begin in a press up position with your arms straight, wrists directly below your shoulders and your legs straight, before bringing on leg forward. Aim the foot at the alternate wrist, and knee at the wrist of the same side, as shown.

Increase difficulty by placing front leg on a bench, while lowering back knee on to floor



Bring one leg forward aiming the ankle at the alternate wrist, and knee and same side wrist as shown above. Hold the position for 10 seconds prior to switching legs – Repeat 3 times on each leg.



ROCKING ADDUCTOR STRETCH



Technique

5 - 10 reps



Begin on all fours, arms straight with hands directly beneath your shoulders and your knees spread as wide as you can



Rock gently backwards increasing the stretch as you go, maintaining neutral spine alignment throughout before returning to the start position. Repeat 5 - 10 times



FIRE HYDRANTS



Technique

10 reps



Begin on all fours with your arms straight, your hands directly beneath your shoulders, and your knees directly beneath your hips.



Lift one knee off the floor and draw as large a circle as possible with it whilst maintaining 90-degree angle at the knee. Maintain the neutral position of the hips, shoulders, and spine throughout.



Repeat 10 circles on one side prior to switching and repeating with the other leg.