



STRETCHING

WITH ROB AND MARIAN HEFFERNAN



Muscles Stretched: Gluteals

Lying on your back - cross the leg to be stretched over your opposite knee as pictured, Grasping the back of the knee to bring your ankle towards your face keeping head shoulder and trunk relaxed and flat on the floor.

You should feel a gentle stretch in your gluteals.

Hold for 30-45 seconds and repeat.



Iliotibial Band Foam rolling

Lie with foam roll on side, in front of hip. Cross top leg over lower leg as shown, Slowly roll from upper portion of outer thigh, slightly in front of hip joint, to knee; apply pressure on tender spots for 30 seconds.



STRETCHING

WITH ROB AND MARIAN HEFFERNAN



Muscle Stretched: Quadriceps

Standing on opposite leg and holding onto an object/training partner for balance
Bend the knee to be stretched as much as possible -
Use your arm to pull further towards your buttock as shown.
You should feel a comfortable stretch on the front of the thigh
Make sure you keep your abdominals tight throughout the stretch and do not allow your low back to arch.

Hold for 30-45 seconds and repeat.



Muscle Stretched Hamstrings

From a kneeling position - extend the leg to be stretched in front of the body as shown.

Keeping the knee straight slowly reach forward attempting to touch the toes, until you feel a comfortable stretch at the back of your thigh.

Hold for 30-45 seconds and repeat.



STRETCHING

WITH ROB AND MARIAN HEFFERNAN



Active Hamstrings Stretch

Lying on back as shown.
Hip and knee bent to a 90 degree angle.
Grasp the tendons at the back of the knee.
Slowly straighten the knee keeping the 90 degree angle at the hip.

Hold for 2 seconds and repeat 10 times per leg.



Active Hamstrings Stretch

Lying on back as shown.
Hip and knee bent to a 90 degree angle.
Grasp the tendons at the back of the knee.
Slowly straighten the knee keeping the 90 degree angle at the hip.

Hold for 2 seconds and repeat 10 times per leg.



STRETCHING

WITH ROB AND MARIAN HEFFERNAN



Muscle Stretched Soleus

From neutral standing take a comfortable step forward [approximately 12-15 inches]

Using a wall, chair or training partner for balance, slowly sink your weight onto your back leg, bending the knee as you do so. You should feel a comfortable stretch in the calf of your back leg.

Hold the stretch for 30-45 seconds and repeat.



Muscle Stretched; Gastrocnemius

Take a long stance as shown at roughly arms distance from a wall, chair or training partner. Ensure that both feet are facing forward and not rotated.

Slowly move your hips forward keeping your torso in line with the back leg, the back knee straight and heel of the back foot firmly on the floor. You should feel a comfortable stretch in the calf of your back leg

Hold for 30-45 seconds and repeat.



STRETCHING

WITH ROB AND MARIAN HEFFERNAN



Muscles Stretched Psoas & Rectus Femoris

Assume a half kneeling position as shown with the knee of the leg to be stretched on the floor and the arm on the side to be stretched raised overhead. Tighten the abdominals to keep the spine in a neutral position and bring the hips forward. Do not allow your back to hyper extend.

You should feel a comfortable stretch along the front of your lower abdomen and upper thigh

Hold for 30-45 seconds and repeat.



Muscles Stretched Psoas & Rectus Femoris

Assume a half kneeling position as shown with the knee of the leg to be stretched on the floor and the arm on the side to be stretched raised overhead. Tighten the abdominals to keep the spine in a neutral position and bring the hips forward. Do not allow your back to hyper extend.

You should feel a comfortable stretch along the front of your lower abdomen and upper thigh

Hold for 30-45 seconds and repeat.



STRETCHING

WITH ROB AND MARIAN HEFFERNAN



Muscle Stretched - Posterior Deltoid

Bring the arm to be stretched horizontally across your body. Use your opposite elbow to hold in position as shown.

You should feel a comfortable stretch along the back of your shoulder.

Hold the stretch for 30-45 seconds and repeat.



Muscle Stretched- Triceps

Reach overhead with the arm to be stretched - Fully bend the elbow as if you were trying to reach your shoulder blade. With the opposite hand apply pressure to pull the elbow backward behind your ear.

Hold 30-45 seconds and repeat.