



LOWER LIMB Stretching Guide

This stretching guide is ideal for runners and cyclists to assist with recovery, for gym-goers to use post any lower limb workout or HIIT session, and for anyone wanting to improve flexibility. This is also a great routine for anyone that stands for the majority of their day, to help prevent lower back and hip pain and stiffness. The focus is on the lower limb muscles, with some spinal stretches included to help look after your lower back and assist in building a good foundation for your stretching.

When? Stretches should be always be done when the body is warm, so ideally after your workout, or at least ensure you get the blood flow pumping with a brisk 5 minute walk, skipping or 50 star jumps beforehand.

How Long? Hold the stretches for at least 30 seconds ensuring you stretch both sides. Hold for longer if you feel you are particularly tight. Listen to your body and pay attention to which areas need more work.

Don't Push. It is ok to feel a mild discomfort while stretching, but never push into pain. You know your body best, so let it guide you.

How often? This depends on your goals and time. If you are stretching just for recovery and injury prevention, then stretch after each workout. If you're aiming to improve flexibility then the more you stretch the better, and daily stretching will allow you to see the best results.

Breathe! Don't forget to breathe while stretching, this will assist you to work through any discomfort and help your body relax into the stretch. Breathing also helps you reduce stress levels.





