

# 3 Day Stretch Routine

## Day 1

### Dynamic movement:

Lying leg swing (dorsiflexed) 2\*5, 2\*5 (plantarflexed)

### Static positions:

Ham hurdle stretch 2\*8 sec, contract 5 sec/stretch 10 sec 3x

Kneeling quad (butt to heel - lean back as far as possible) 2\*10, 2\*20 sec

Standing side chest/ front delt 3\*8 sec for each

### Foam roll:

IT band/external rotator 2\*8

Back - mid thoracic through lumbar 2\*6

## Day 2

### Dynamic movement:

Knee up/toe up Leg lift (lift knee up and over as if in front of a hurdle) 2\*10

### Static positions:

Lunge position front ham 2\*8 sec, contract 5 sec/stretch 10 sec 3x

Lunge position rear quad 2\*6, 1\*10 sec

Lying IT band/external rotator (foot parallel to knee cross body - use other leg or arm) 2\*12 sec

Overhead lat/tricep 3\*8 sec each

### Foam roll:

Inner thigh/quad 3\*6

Lat/quad lumbrm 2\*4

## Day 3

### Dynamic movement:

Quadruped scorpion 2\*8

Prone cross over swing (on stomach) 2\*6

### Static positions:

Staggered toe touch 3\*10 sec

Standing/leaning IT band 3\*8 sec

Lying external rotator (similar to lying IT band but knee further away than knee) 3\*8 sec

Lunge position reach back 3\*6 sec

Manual neck 2\*5 sec each way

### Foam roll:

Upper back/traps/shoulders 3\*4

Hamstring 2\*8

Calf 2\*4