

Full Body Stretch

Below is a grid showing all of the stretches to be completed in the circuit. Click on the exercise name to be sent back to the Tribal Plan for a video demonstration if you have forgotten the exercise.

When completing each stretch, hold for a minimum of 60 seconds. Then rate the discomfort of the stretch on a scale of 1-10 (1 being comfortable, 10 being uncomfortable and painful) and write in the discomfort column. Whilst completing the stretch, think where you feel the discomfort most and write a quick note in the last column.

Exercise	Discomfort (1-10)	Where do you feel the stretch?
1. 90:90 Hip		
2. Mckenzie Press Up		
3. Achilles & Soleus		
4. Calf		
5. Lateral Hamstring		
6. Hamstring		
7. Waiters Bow		
8. 1/2 Kneeling Quad Stretch		
9. 1/2 Kneeling Hip Stretch		
10. Kneeling Adductor		
11. Deep Squat		
12. SB Lateral Flexion		
13. Chest – Sternal Portion		
14. Chest – Clavicular Portion		
15. Hip Rotation		
16. Knee Hug		
17. Upper Back		
18-22. Neck Complex		

The stretches which you scored a 7 of higher in discomfort are your most important stretches.

Aim to complete **daily**.