Crimson Home Stretch Routine

Physioball Stretch

(if you don't have a PB then use a chair or the side of a couch)

- Pec Stretch
  - Arms to side, hips up, rest head on PB
- Back Stretch
  - Hands together, walk feet into PB, reach over PB until you touch the other side
- Hamstring Stretch
  - One knee bent one knee straight, keeping back straight try to touch opp. elbow to opp. knee
- Hip Rotator
  - Cross one knee over the other, push knee down with hand, keep chest up
- Hip Flexor
  - One leg in front, other leg pushing into ball, reach inside arm up
- Kneeling Lat
  - Kneel down w/butt on heels, reach arms out on PB and drop head between shoulder, turn palms up

Regular Stretch

- Seated Hamstring
  - Legs in V, down to right, left, middle
- Double Hamstring
  - Legs together, back straight, reach forward
- Butterfly/Seated Groin
  - Pull feet in together, elbows push down on knees
- Lower Back
  - Right over left, turn to right and hold, then hug it in. Left over right and repeat
- Quad
  - Roll on right side and pull heel to butt. Repeat on other side
- Hip Flexor
  - Left leg in front, push hips forward, reach up with right arm turn to left. Repeat on other side
- Calf Stretch

Resistance Bands

(If you can't use a band then just use a belt)

- Hamstring (R/L) - 30 seconds each
- Hip Crossover (R/L) - 30 seconds each
- Figure -4 (R/L) - 30 seconds each
- Groin (R/L) - 30 seconds each
- Repeat Hamstring (R/L) - 15 seconds each
- Quad/Hip Flexor (R/L) - 30 second each