



Bowls Australia

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Template General Flexibility Date: 9/02/2006

1. CALF - WALL PUSH

- Split stance, hands on wall
- Keep back foot flat & leg straight
- Lower chest toward wall
- Move back foot backward to increase stretch

Hold for 30 seconds.

Repeat 2 times.

2. QUADRICEPS - STANDING

- Stand, bend one leg & grasp the ankle
- Pull ankle to buttock
- Stand tall

Hold for 30 seconds.

Repeat 2 times.

3. HAMSTRING - STANDING

- Stand
 - Raise one leg onto box or bench
 - Hips pointed towards elevated foot
- Upright posture, lean forward over elevated leg

Hold for 30 seconds.

Repeat 2 times.

4. GLUTE - SEATED - LEGS CROSSED

- Sit on floor, place one foot across opposite knee
- Hands supporting torso
- Slide buttocks forward to increase the stretch
- Maintain posture throughout

Hold for 30 seconds.

Repeat 2 times.

5. HIP FLEXOR - KNEELING

- Kneel in lunge position
- Upright posture
- Contract abdominals to tilt pelvis backward
- Contract buttocks to assist

Hold for 30 seconds.

Repeat 2 times.

6. LOW BACK - LYING

- Lie on back
- One leg straight, other leg bent
- Roll bent leg across body, assist with opposite hand
- Shoulders remain flat on floor

Hold for 30 seconds.

Repeat 2 times.

7. LOW BACK - STANDING

- Stand, one hand on hip, the other overhead
- Reach up & across, flexing sideways from the waist
- Variation: Widen stance

Hold for 30 seconds.

Repeat 2 times.

8. LATISSIMUS DORSI - KNEELING - PALMS DOWN

- Kneel on floor
- Hands on floor, arms stretched out in front
- Palms facing down
- Push head & chest towards floor
- Sit back toward heels

Hold for 30 seconds.

Repeat 2 times.

9. PECTORAL - WALL

- Stand, place forearm against wall, perpendicular to floor
- Elbow slightly above shoulder height
- Turn chest away from wall

Hold for 30 seconds.

Repeat 2 times.

10. TRICEPS - HAND ON ELBOW

- Sit or stand
- Lift arm above head, bend elbow
- Rest hand between shoulder blades
- Use opposite hand to pull elbow down

Hold for 30 seconds.

Repeat 2 times.

11. FOREARM FLEXORS - SINGLE SIDE

- Place one arm straight out in front, palm up
- Grasp fingers with the other hand
- Bend fingers back

Hold for 30 seconds.

Repeat 2 times.