

6 Week Stretch Plan: Joe Bloggs

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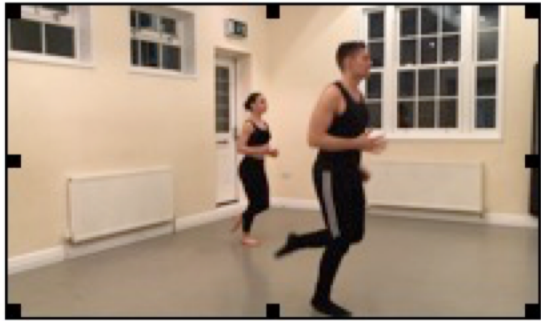

POSTURAL ANALYSIS: Joe has tight hamstrings which are not aided by the amount of competitive cycling he is doing alongside his dance. The cycling is tightening his glutes and hip flexors which in turn is minimising his leg flexibility. Turn-out comes easy to Joe with a lot of natural rotation, however due to this his daily leg placement in turnout parallel, stretching is difficult for him. Joe is left leg dominated. Joe is strong and takes part in conditioning classes as well as attending the gym.



FLEXIBILITY GOALS :

Joe would like to improve his front way splits on both legs in order to make his grand battement and kicks higher.

PLAN LENGTH: 30 minutes for 6 weeks

WEEKLY REPETITIONS: 3 times per week. Add an additional session if a cycling competition has taken place.

1	WARMUP		5 minutes	Page 2
2	ROLL DOWN SERIES		2mins	Page 3

3	BASIC LUNGE		1min 30	Page 4
4	PSOAS STRETCH		2mins	Page 5
5				
6				
7		ETC		
8				
9				
10				

WARM-UP

It is important to begin all of your stretch sessions with a warm-up. Follow this gentle warm-up in order to give your muscles optimum stretching facility.



- **Jogging on the spot**
Going through the feet; toe, ball, heel.
Heels on the floor
Draw the belly button into the spine.
Shoulders down
- **Jumping Jacks**
Bend through the knees.
Reach the hands all the way up to the top and down with resistance
- **Shoulder rolls**
Backwards and Forwards
- **Spinal Rotations**
Hands in the chest
Lifting the opposite heel
Trying to look towards the back
- **Roll down**
Feet together
Knees relaxed, sitting bones high.
Nod head and relax shoulders.
Roll up drawing belly button into spine.
- **Alternating Lunges**
Stepping forward
Parallel legs
90 degrees from hip to knee, knee to ankle.
Tummy drawn in.
- **Side Lunges**
Knees over the toes.
- **Reverse Lunges**
Aiming for 90 degree angle.
Big step back.

Repeat all.

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