

## Freihofer's Training Challenge

### Stretching post workout

#### **Quadriceps Stretch**

Hold your car or a partner's shoulder for balance with one hand and use the opposite hand to grasp the leg around the ankle, lifting it toward your buttocks. Keep your back straight and not allow the knee to drift forward ahead of the stance leg. Take a deep breath in and let the knee drop - do not pull or strain the knee.

#### **Hamstring Stretch**

You can do this stretch standing with your leg on a low surface or lying on your back. Think about keeping the back straight and pivoting forward from the hip while standing. If you are on your back - grasp the back of one thigh with both your hands and (leg bent) pull that thigh into a 90-degree position vs. the floor. Then slowly straighten your knee.

#### **Piriformis Stretch**

You can do this one standing or on the ground. If standing hold a stationary object for balance. Cross the right ankle above the left knee and sit down into the stretch. Take a deep breath and sink a little further. Then rotate your ankle both directions. Switch sides. If you want to do it on the floor/ground - lying on your back, cross your legs just as you might while sitting in a chair. Grasping the "under" leg with both hands, pull the knee toward your chest until you feel the stretch in your buttocks and hips.

#### **Gastroc Stretch**

Lean against a wall or other stationary object, both palms against the object. The leg you want to stretch is back, several feet from the wall, your heel firmly positioned on the floor. Your other leg is flexed about halfway between your back leg and the wall. Start with your back straight and gradually lunge forward until you feel the stretch in your calf.

#### **Soleus Stretch**

Position yourself similar to the gastroc stretch with back straight and palms against the wall. The difference is that you start in a "seated" position with your legs bent, your buttocks dropped. Gently lean into the wall until you feel the stretch in your lower calf.

#### **Shoulder Rolls**

Standing tall do exaggerated shoulder rolls in both directions.

#### **Core Rotation**

Standing with your feet hip width apart and arms out rotate core side to side working to open up.