

Calf stretch. Stand facing a wall with your hands onto the wall with the feet parallel to the wall with one foot forward and one back. The leg closest to the wall is bent with the backward leg straight.



Then whilst keeping the back leg straight move your weight onto the bent leg. You should feel the stretch in the calf.



Quadriceps or front thigh stretch. Stand next to a wall so that you can steady yourself. Bend your thigh at the knee so that you can grab your ankle as shown in the photo.



Then keep your belly tucked in and pull your heel to your buttock; you should then feel a stretch in the thigh.



Hamstring or back of the leg stretch. Stand facing something that you can raise your leg onto keeping the knee straight and your back straight.



Then keeping your back straight bend forwards from the waist; you should then feel a stretch in the back of the thigh.



Buttock stretch. Lay down with your knees bend. Take your ankle and let your leg drop out place the ankle just below your knee cap.



Then reach through and grab the thigh on the other leg and bring this thigh up towards your chest. You should feel a stretch in the buttock.

