

Guidance on warm up stretching

- **Dynamic** stretches are advisable in the warm-up, however this is dependent upon the participants' needs and abilities
- If dynamic stretches are used, around 8–12 reps for each movement should be performed. These must be performed with control (no ballistic or bouncing movements).
- The aim of these stretches is to lengthen muscles to the end of their range of motion under control, while keeping the heart rate elevated and increasing the power output of the muscle, and therefore improving performance in the main session.
- **Static** stretches may be used in the warm-up, for example if:
 - Participants are particularly 'tight' in a certain muscle/s – making a dynamic approach difficult.
 - Dynamic stretches can't be performed safely in the training space
 - The student is new to class and is not coordinated
- If static stretches are planned, they must be performed for 8-10 seconds and it is advisable to keep pulse raising activities happening in between static stretches..
- All stretches must be appropriate to the clients' needs and abilities.



Exercise	Teaching points	Progressions/regressions/alternatives (P/R/A)
Latissimus dorsi & Obliques 	Feet hip width apart and knees slightly bent. Avoid leaning forwards or backwards. Reach up and over. Place the supporting hand on the thigh.	P=lean over further. R=lean over less. A=can be performed on the floor by using a stability ball under the side of the torso. Optional= use-controlled movement to gently take the stretch from side to side to incorporate a more dynamic stretch, gradually increasing the range of movement through several controlled reps

Trapezius & Posterior Deltoid



Feet hip-width apart and knees slightly bent.

Round the arms (like you are hugging a beach ball)

Separate the shoulder blades.

P=protract shoulder girdle more.

R=protract shoulder girdle less.

A=cat pose – on all fours gently round the thoracic spine and hold.

Triceps



Adopt a stable stance.

Take care not to hyper-extend the lumbar spine.

Maintain an upright posture.

Support the arm from the front resting lightly on the upper arm.

P=reach the hand further down the back.

R=bring the hand further up the back.

Exercise	Teaching points	Progressions/regressions/alternatives (P/R/A)
Pectorals & Anterior Deltoid 	Stand with the feet wider than hip-width and bend the knees. Maintain a neutral lumbar spine. Squeeze the shoulder blades together.	P=move hands closer to one another. R=separate hands slightly. A=stand with arms horizontal, palms facing forward and retract the shoulder girdle.
Erector spinae 	Stand with the feet wider than hip width and bend the knees. Place both hands between the knees. Round the spine and drop the head.	P=roll down a little further. R=roll down partially. A=cat pose – on all fours gently round the thoracic spine and hold.

Gluteus Maximus



Keep the back in alignment.

Keep the chin lifted.

Maintain a slight knee bend on the support leg.

P=raise knee closer to chest.

R=use a wall for support.

A=perform the same stretch lying on the floor.

Optional= if balance is good, you can incorporate a more dynamic stretch, by alternating the lift, gradually increasing the range of movement through several controlled reps

Quadriceps



Avoid arching the spine.

Don't twist the knee.

Keep the knees together

Press the hips forward.

P=pull the heel up closer to the glutes.

R=use the wall for support.

A=perform lying down on side.

Adductors



Turn the foot out slightly so the knee is in alignment with the ankle and bend the knee.

Avoid twisting the hips – keep hip bones facing forward.

P=bend the knee further or widen the stance.

R=bend the knee less or narrow the stance.

A=sitting on the floor with the soles of both feet against each other, gently push the knees towards the floor.

Optional= incorporate a more dynamic stretch, by alternating the stretch from side to side, gradually increasing the range of movement through several controlled reps

Hamstrings



Keep the one leg straight but not hyper-extended.

Avoid bouncing.

Keep the hips square.

Rest the hands on the supporting leg.

Lift hips up and back maintaining a neutral spine

P=gently dorsi-flex the ankle to increase the stretch if needed or use a small platform (only if a neutral spine can be maintained).

R=flex the hips to a lesser degree.

A=stand with feet together and slowly lower hands down the front of the legs towards toes and hold when the stretch is felt.

Exercise	Teaching points	Progressions/regressions/alternatives (P/R/A)
Gastrocnemius 	Bend the front knee Keep the hips and shoulders square. Ensure the feet are hip width apart for stability. Ensure there is a straight line from head to heel.	P=use a platform and dorsiflex both ankles to move into the stretch and/or combine with upper body stretches. R=reduce the distance between feet. A=stand facing a wall, keep the heel on the floor and raise the toes against the wall (so the ankle is in a dorsiflexed position) and gently lean in towards the wall. Optional= incorporate a more dynamic stretch, by alternating the leg going back, gradually increasing the range of movement through several controlled reps