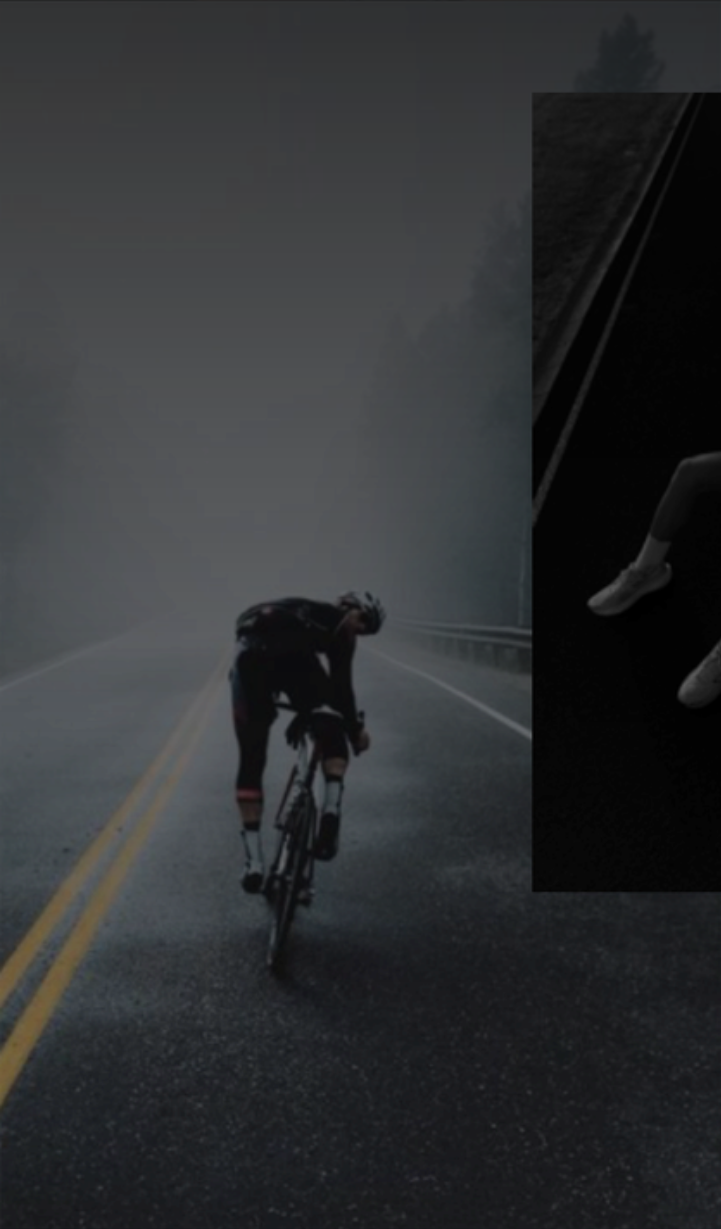


# exercise guide



**EE** ELITE EDGE  
*Sports Academy*



## Trap Stretch (Standing)



### Preparation

Place forearm of one arm across lower back. Grab wrist behind with other hand and pull to lower shoulder.

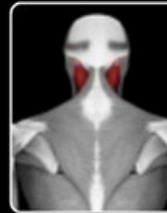
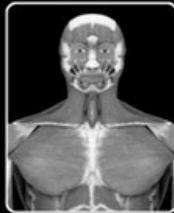
### Execution

Tilt head sideways towards opposite shoulder until stretch is felt. Hold for between 20-30 seconds. Repeat with other side.

Primary

Secondary

» Splenius Capitis



Place forearm behind lower back and hold wrist.

Tilt head toward opposite shoulder.

Hold 20–30 seconds each side.

# Shoulder Protraction / Retraction

## Preparation

Stand upright with legs approximately hip width apart and arms to the sides.



## Execution

Gently protract the shoulders forwards and then retract the shoulders backwards. Repeat.

## Comment

Perform stretch in a slow and controlled manner and remember to breathe throughout the movement. Keep the Head aligned with the spine and the core tight.



Primary	Secondary
» Rhomboid Major Rhomboid Minor Trapezius - Transverse Part Trapezius -	 

Roll shoulders forward then back slowly.

Stand tall and breathe steadily.

## Infraspinatus Stretch (Bend-over)

### Preparation

Place both hands on waist with thumbs facing forward. Bend over so torso is parallel with floor.

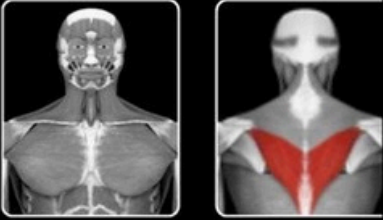


### Execution

Allow elbows to fall downwards towards floor until stretch is felt. Hold for between 20-30 seconds.

### Comment

Keep back straight.

Primary	Secondary
» Trapezius - Ascending Part Biceps Femoris Semitendinosus Semimembranosus	

Hands on waist, bend torso parallel to floor.

Let elbows drop until stretch is felt.

# Supine Torso Rotation Stretch

## Preparation

Lie supine on mat or floor with knees bent approximately 90°. Position one hand under side of waist, palm down.

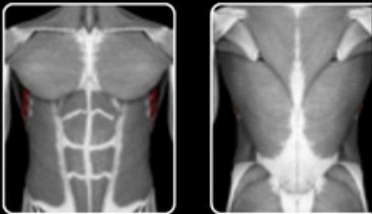


## Execution

Allow legs and hips to fall to side of positioned arm until stretch is felt. Hold for between 20-30 seconds. Repeat. Continue on other side with repositioned arm.

## Comment

Lean torso toward positioned arm if stretch is not yet felt.

Primary	Secondary
Teres Minor » Serratus Anterior	

Let legs fall to one side while shoulders stay down.

Breathe deeply and relax.

# Bench Lat Stretch

## Preparation

Kneel in front of bench on floor or mat. Place inside of crossed arms on bench and position head between arms.



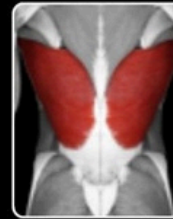
## Execution

Lower torso and head until stretch is felt. Hold for between 20-30 seconds. Return and repeat.

Primary

Secondary

» Latissimus Dorsi



Kneel with arms on bench.

Lower torso and head to stretch lats.

# Toe Reach Cross-Over


## Preparation

Stand with legs approximately hip width apart with arms to the sides. Keeping the legs straight cross one leg over the other keeping both toes pointed forward and the heels flat.



## Execution

Gently flex at the hips, bending forward allowing the arms to naturally fall towards the feet. Hold stretch at a moderate intensity and then return to the original position. Repeat alternating which leg is crossed over.

Primary	Secondary
<p>» Longissimus Thoracis</p> <p>Gastrocnemius Lateral Head</p> <p>Gastrocnemius</p> <p>•• •• •• •</p>	 Two anatomical diagrams of the human spine. The left diagram shows the thoracic spine (upper back) with the longissimus thoracis muscle highlighted in red. The right diagram shows the lumbar spine (lower back) with the gastrocnemius muscle highlighted in red.

Cross one leg over the other.  
Bend forward and reach toward feet.

## Standing Straddle Stretch w/ Reach

### Preparation

Stand upright with legs approximately shoulder width apart and arms to the sides.

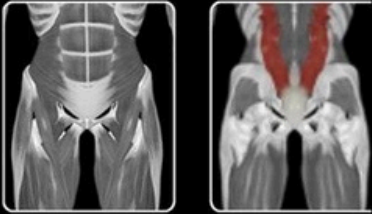
### Execution

Gently bend forward (angled towards one leg) flexing at the hips keeping the legs straight. Hold to a point of moderate intensity and return to the original upright position. Repeat motion alternating legs.



### Comment

Perform stretch in a slow and

Primary	Secondary
<p>» Iliocostalis</p> <p>Trapezius - Descending Part</p> <p>Trapezius - Transverse Part</p>	 Two anatomical diagrams of the human back and neck. The left diagram shows the trapezius muscles (descending and transverse parts) in a light blue color. The right diagram shows the iliocostalis muscle in a red color, highlighting its location in the lower back and neck area.

Stand upright with legs shoulder width apart.

Bend toward one leg while keeping knees straight.

Alternate sides slowly.

## 90/90 Hip Rotation Stretch

### Preparation

Sit on floor or mat and bend both of your knees to 90° angles. Turn your torso 90° with leading thigh in line with torso (see animation). Place hands on floor shoulder width apart.



### Execution

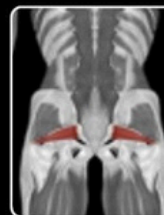
Twist chest and front of pelvis further and lean towards floor until stretch is felt. Hold stretch for between 20-30 seconds. Return and repeat. Continue with opposite side.

### Comment

#### Primary

#### Secondary

Gluteus Medius  
Gluteus Minimus  
» Piriformis



Rotate torso toward front leg.

Lean forward until stretch is felt.

# Deep Squat Hip Stretch



## Preparation

Stand with feet pointed at approximately a 45° angle. Squat down completely with knees pointed outwards. Place palms of hands on floor with inside of upper arm positioned against inner thigh.

## Execution

Pull thighs apart with upper arms until stretch is felt. Hold stretch for between 20-30 seconds.

## Comment

Keep feet flat on floor and

Primary	Secondary
» Gluteus Maximus	The primary muscle, Gluteus Maximus, is highlighted in red in the left diagram. The secondary muscles, the Adductor Magnus and Adductor Brevis, are highlighted in red in the right diagram. Both diagrams show a front view of the lower body and pelvis.

Drop into deep squat.

Use elbows to gently push knees apart.

## Side-Lying Glute Stretch

### Preparation

Lie on side with knees bent. Place ankle of lower leg onto upper thigh of other leg. Grab ankle or forefoot of top leg.



### Execution

Pull leg backwards and straighten hip until stretch is felt. Hold for between 20-30 seconds. Repeat with opposite side.

Primary	Secondary
» Tensor Fasciae Latae Piriformis	Two anatomical diagrams showing the location of the Tensor Fasciae Latae and Piriformis muscles. The left diagram shows the Tensor Fasciae Latae (TFL) in red, originating from the anterior superior iliac spine (ASIS) and extending to the lateral condyle of the tibia. The right diagram shows the Piriformis muscle in red, originating from the anterior superior iliac spine (ASIS) and extending to the greater trochanter of the femur.

Lie on side with knees bent.

Pull leg backward until stretch is felt.

# Supine Hamstring Stretch

## Preparation

Lie supine and lift knee up. Grab leg behind thigh near knee with both hands. Pull knee close to chest.



## Execution

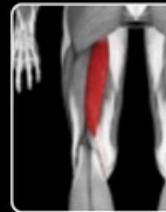
Extend knee by straightening leg while maintaining knee close to chest. Hold stretch for between 20-30 seconds. Repeat with opposite leg.

## Comment

Far leg can be bent at knee and hip particularly if hip flexors are tight and greater

### Primary

Biceps Femoris  
» Semitendinosus  
Semimembranosus



Lift leg upward and extend knee.  
Hold 20–30 seconds each side.