

FLEXIBILITY GUIDELINES

PROGRAMME FOR
GOOD TO GREAT STUDENTS



FLEXIBILITY GUIDELINES

STRETCHING

Stretching keeps the muscles flexible and strong through a full range of motion in the joints. Poor flexibility causes a loss in power and an increased risk of injury.

Stretches should be held for between 30 seconds to 2 minutes for 1 to 3 repetitions.

Stretching can be done at any time throughout the day for 10 to 15 minutes. Stretching before bed can enhance sleep quality.



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FOAM ROLLING

Foam rolling can be done both before and after exercise as well as on rest days. Benefits of foam rolling include:

- Increased blood flow to muscles, which improves delivery of oxygen during exercise
- Relieved muscle tension and soreness
- Increased range of motion
- Decrease time needed for recovery between exercise

Spend about 60 seconds on each tight area for 10 to 15 minutes per day. Use as much or as little pressure as feels comfortable for you.

If you find a knot or sensitive spot, linger on it for a little while, rolling back and forth slowly until the tenderness eases.



hip flexors



quads



ITB



hamstrings



adductors



calves



peroneals



tibialis anterior





GORDON'S SCHOOL
WEST END
WOKING
SURREY
GU24 9PT
01276 858084
info@gordons.school