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**Gastrocs**  
Support upper body against wall. Keep back heel on floor and knee straight, bend front knee. Shift body weight forward through pelvis to feel stretch in upper calf



**Triceps**  
Stand tall. Reach towards shoulder blade. Apply over pressure with opposite arm. Avoid pressure against the neck. Feel stretch in back of upper arm.



**Hamstrings**  
Feet shoulder width apart, tilt pelvis pointing sit bones towards the sky. Let back relax forward. Feel stretch in back of legs.



**Pecs**  
Face corner. Shoulders and elbows at 90deg. With one foot forward lean forward from the pelvis. Feel stretch across chest.

**Quads**  
Stand tall, raise one heel towards buttocks (grasp above ankle joint). Avoid bending forward, knees side by side. Feel stretch in the front of the thigh.

**Sides**  
Stand tall, hands linked together overhead. Press hands towards sky, lean to one side. Keep body square, avoid bending forward. Feel stretch in side



**Hip Flexors**  
Down on one knee. Front shin vertical. Upper body square and upright. Tuck tailbone under. Lean forward from the pelvis to feel a stretch in the front of the hip and thigh.



**Forearm**  
Arm stretch out in front of you. Elbow straight. Pull palm up into stop position. Repeat with palm down towards you. Feel stretch in top and bottom of forearm.



**Glutes**  
Lying on back, bring knee towards opposite elbow. Feel stretch in glutes.

Perform each stretch 2x's after activity. Hold for 30sec.