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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.



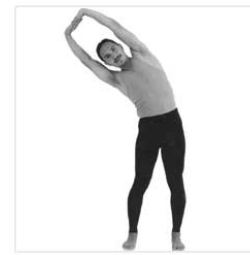
Hamstrings
Feet shoulder width apart, tilt pelvis pointing sit bones towards the sky. Let back relax forward. Feel stretch in back of legs.



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.