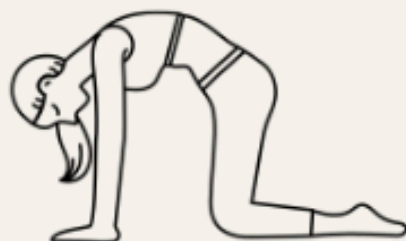


JESS NICOL - HOME STRETCHES



Cat - Cow

REPEAT 5-10 TIMES

- Start in a tabletop position. Get on your hands and knees, with your hands directly under your shoulders and your knees under your hips.
- Move into cow pose (inhale). As you inhale, drop your belly towards the floor, arch your back, lift your chest and tailbone, and gaze slightly upward.
- Move into cat pose (exhale). As you exhale, round your spine towards the ceiling, tuck your chin to your chest, and draw your belly button towards your spine.



Open Book

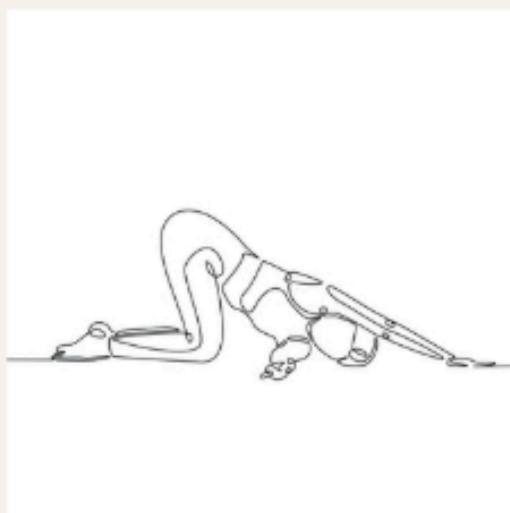
REPEAT 3 - 5 TIMES

- Lay on your side with your knees slightly bent.
- Start with your arms out in front of you.
- Slowly separate your hands and "Open" like a book.
- Think about rotating through your spine, rather than getting all of the movement from your shoulder.

Thread the Needle

REPEAT 5-10 TIMES

- Start in a tabletop position on your hands and knees. Your hands should be directly beneath your shoulders or a few inches in front of them, and your knees underneath your hips.
- Inhale and reach your right hand toward the ceiling, rotating your chest open to the right. Try to keep your hips square.
- Exhale and thread your right hand between your left arm and left leg, underneath your left armpit, with your right palm facing up. Slowly lowering your right shoulder and the side of your head to the floor, rotating your chest to the left.



Supine Hamstring Stretch

HOLD FOR 20-30 SECONDS THEN REPEAT ON OTHER LEG & REPEAT 3 TIMES



- Begin by lying on your back with both legs extended (on the floor).
- Engage the core to stabilise your lower back.
- Bend one knee and bring it towards your chest. Use your hands or a strap/towel to support the back of your thigh or foot.
- Slowly straighten the bent knee, extending your leg upwards towards the ceiling. You should feel a stretch in the back of your thigh.
- Meanwhile try to keep your other leg straight on the floor to create most resistance. If you don't feel much of a stretch try extending your toes straight towards you (not towards the floor) "dorsiflex" the foot.

Hamstring Sweeps/ Roll up the carpet

COMPLETE FOR 1 MINUTE



- Stand with feet hip-width apart and arms at your sides, palms facing forward.
- Step forward with one foot, heel down, toes up, keeping the leg straight.
- Simultaneously lean forward, reaching your arms back and then sweeping them forward and up as you extend the front leg.
- As your arms reach the horizontal position, bring your body upright and step onto the extended leg.

Figure 4 - Glute stretch

HOLD FOR 30-40 SECONDS AND SWAP LEGS



- Lie on your back with your knees bent and feet flat on the floor.
- Cross one ankle over the opposite knee.
- Gently pull the opposite thigh towards your chest until you feel a stretch in the glutes.
- To deepen the stretch push the bent knee out to create a wider angle.

Bird - Dog

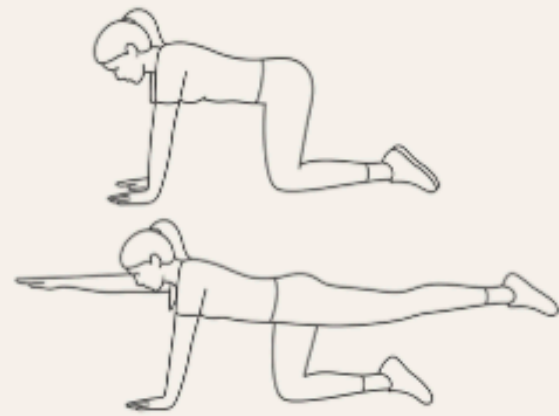
Starting Position (top image):

- Begin on all fours with your hands directly under your shoulders and knees under your hips.
- Keep your back flat and your look down/slightly forward to maintain a neutral spine.

Movement (bottom image):

- Extend your right arm forward while simultaneously extending your left leg back.
- Keep both parallel to the ground, forming a straight line from fingertips to toes.
- Hold briefly, then return to the starting position. & repeat on otherside.
- try to make sure you keep hips level- dont twist or tilt to one side

2-3 SETS
8-10 REPS PER
SIDE
HOLD 3-5
SECONDS
REST 30-45
SECONDS
BETWEEN SETS



Glute Bridge

- Engage your core (like preparing for a punch)
- Lift your hips by rolling your spine up and simply hold at the top for 10–20 seconds.
- Focus on squeezing your glutes, pushing evenly between your feet as you drive your hips up.

2-3 SETS
10-15 REPS
HOLD 2-3
SECONDS
REST 30-60
SECONDS
BETWEEN SETS



Plank

Starting Position

- Begin on all fours (hands and knees).
- Lower down onto your forearms, elbows directly under your shoulders.
- Keep your forearms flat on the floor, palms down.
- Walk your legs out onto your toes (or just knees if too challenging) and press the floor away
- Engage Your Core (like preparing for a punch)
- Squeeze your glutes to help stabilize your lower back.
- Hold the Position
- Look down toward the floor (neck neutral).
- Breathe steadily — don't hold your breath

2-3 SETS
HOLD 20-40
SECONDS
REST 30-60
SECONDS
BETWEEN SETS



Supine - Toe Taps

2-3 SETS
8-10 REPS PER
SIDES
REST 30-45
SECONDS
BETWEEN SETS

Starting Position

- Lie on your back (supine) with your arms at your sides, palms facing down or hands under lower back/butt.
- Lift your legs so your knees are bent at 90 degrees (tabletop position).
- Keep your lower back gently pressed into the floor — no arching.

Movement

- Inhale, then as you exhale, slowly lower your right foot toward the floor.
- Lightly tap the floor with your toes (don't rest the foot).
- Return your leg to the tabletop position.
- Move slowly and with control.
- Keep your knees bent at 90° throughout.
- Keep your core engaged and avoid letting your lower back lift off the floor.
- if you notice your back is arching with lowering of leg don't go all the way down, stop before the arch occurs.



