

# Stretching exercises

Increases your flexibility and warms up your body for other physical activity. Routine stretching can also reduce your risk of developing an injury while exercising. Common techniques are calf stretches and seated hamstring stretches.

## Calf stretch

1. Place one leg behind you with your toe pointing forward.
2. Take a step forward with the opposite foot and slightly bend the knee.
3. Lean forward with the front leg while keeping the heel on your back leg planted on the floor.
4. Hold this stretch for 15 seconds.
5. Repeat three times per leg.

## Seated hamstrings stretch

1. Sit on the edge of a chair.
2. Extend one leg in front of you with your toe pointed upward.
3. Bend the opposite knee with your foot flat on the floor.
4. Position your chest over your straight leg and straighten your back until you feel a muscle stretch.
5. Hold this position for 15 – 20 seconds.
6. Repeat three times per leg.