

BORGESS

Sports Medicine

Post Exercise Stretch Routine

1. Butterfly

(Hold stretch for 30-45 seconds, 1-2 sets)

- Sit tall, keeping back flat
- Press outer thighs toward the ground and hold
- Focus on slow, deep breathing



2. Hips

(Hold stretch for 30-45 seconds, 1-2 sets)

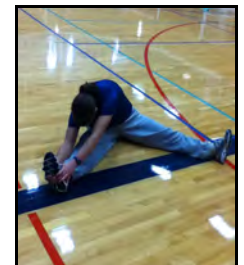
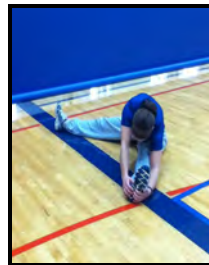
- Fold one leg underneath and cross the other leg over top
- Wrap arms around leg that is crossed over the top
- Staying tall through your back/abs, pull knee towards chest and hold
- Focus on slow, deep breathing



3. Hamstrings (Left, Center, Right)

(Hold each position for 30-45 seconds, 1-2 sets)

- Sit tall with legs apart forming a V shape
- Exhale and bring upper body down to the left leg and hold
- Repeat this to the center and then down to the right side.
- Focus on slow, deep breathing



4. Cobra

(Hold each one for 4-5 counts, repeat 4 to 5 times)

- Start off lying flat on ground with hand in a push up position
- Exhale and slowly extended arms
- Eyes should be focus upward
-



BORGESS

Sports Medicine

Post Exercise Stretch Routine

5. Cat - Camel

(Repeated movement, repeat 5 to 6 times)

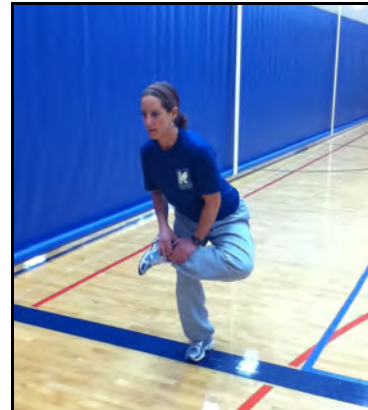
- Start on hands and knees
- Take a deep slow breath in and round your back, similar to how a cat arches their back.
- After inhaling, immediately exhale and lower back through the exhaling allowing the shoulder blades to come together and back to sag.
- Repeat 5 to 6 times



6. Standing Hip

(Hold for 30-45 seconds, 1-2 sets)

- Find balance on one leg
- Bring opposite leg over and rest on standing leg
- Lower hips in a squatting motion
- Keeping chest up, hold for desired time



7. Calf

(Hold for 30-45 seconds, 1-2 sets)

- Begin on all four (hands and feet)
- Cross one foot over onto the other
- Press the heel of the foot in contact with the ground down and hold
- Focus on slow, deep breathing

