POST-WORKOUT STRETCHES

UPPER BODY

Finish your training session with the following Static Stretches

Static Stretches

Neck & Trapezius Stretch

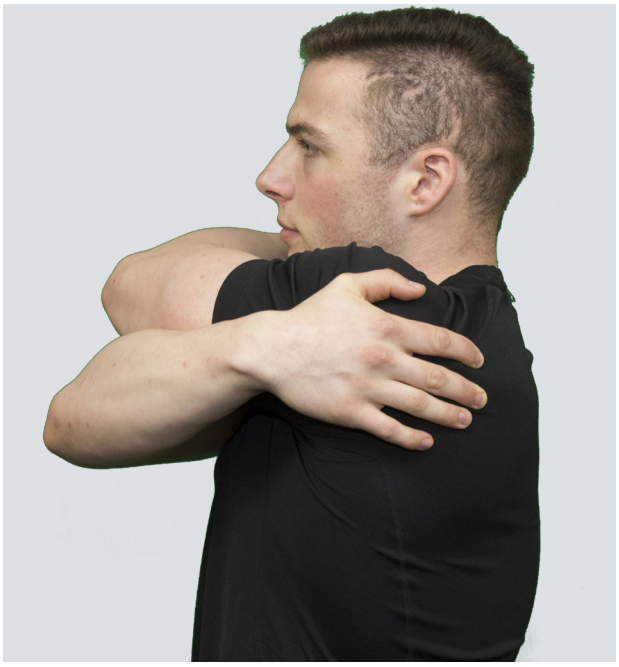
Stand or sit and bend the neck to one side, feeling the stretch in the neck and upper trapezius muscles.

Repeat for the other side.

Hold each stretch for 20-30 seconds.

Static Stretches

Upper & Mid Back Hug Stretch



Give yourself a big hug!

Feel the stretch across the middle and upper back.

Hold this stretch for 20-30 seconds.

Static Stretches

Tricep Rope Stretch

Stretch one arm up and behind your neck to stretch your triceps.

Use a folded skipping rope to help get a really good stretch.

Repeat for the other arm.

Hold each stretch for 20-30 seconds.

Static Stretches

Chest Stretch

Find a wall, pillar or post for this stretch.

Place one hand on the wall and turn away from the wall, creating a stretch across the chest.

Repeat for the other arm.

Hold each stretch for 20-30 seconds.

Static Stretches

Lat Stretch

Find something to hold onto and pull away, placing your head in between your arms.

Hold this stretch for 20-30 seconds.