



## **FLOOR STRETCHES (for hip and lower back flexibility)**

### **- Sit and Reach Test:**

Sitting with legs outstretched in front of you. With legs locked straight reach forward down the shins and assess where you can reach, feeling for areas of tightness (e.g. back, hamstrings, calves).



### **- Twisting Trunk:**

Sitting upright with legs outstretched bring one knee up and place the foot on the floor on the outside of the opposite leg. Using the same hand as the bent leg reach around behind you, in the same direction, and place on the floor to induce a twisting stretch into the back. With the other arm reach for the outside of the bent knee and push across to stretch the hip area.



- **Knees To Chest:**

Lying on back pull both knees up to your chest to stretch out the lower back.



- **Single Knee To Chest:**

As above but with one leg only. Pull the knee to the same side of the outer torso so that it comes down further, keeping the other leg straight and on the floor.



- **Glute Max/Min Stretch:**

Lying back bend one knee and lie across the body so that the leg is at 90 degrees and gently push the bent knee to the floor with the opposite hand. You may alter the angle of the bent leg so that the knee starts at a lower position, then at 90 degrees and finally high up towards the torso. This will stretch different areas of the hip.



- **Lying Piriformis Stretch (upside down 4!):**

Lying back bend one leg to 90 degrees in the air with the calf parallel to the floor but off the body. Gently lower to the chest whilst holding above the ankle and below the knee. Keep the lower back on the floor and the angle of the leg constant, you may use the other leg to push the bent leg down onto the torso.



- **Seated Diamond Adductor Stretch:**

Sitting upright place the soles of the feet together and the knees splayed out wide. Gently push down on the inside of the thighs with the forearms to lower the knees to the floor.



- **Leg Extended 1/2 Diamond Hamstring/Back Stretch:**

Sitting upright keep one leg bent as above and straighten the other leg. Reach for the toes/ankle of the straight leg with the corresponding hand. With the other hand reach across to the outside of the straight leg and hold onto the shin/calf. Gently pull your torso down to the leg to comfortably stretch the hamstring and lower back.



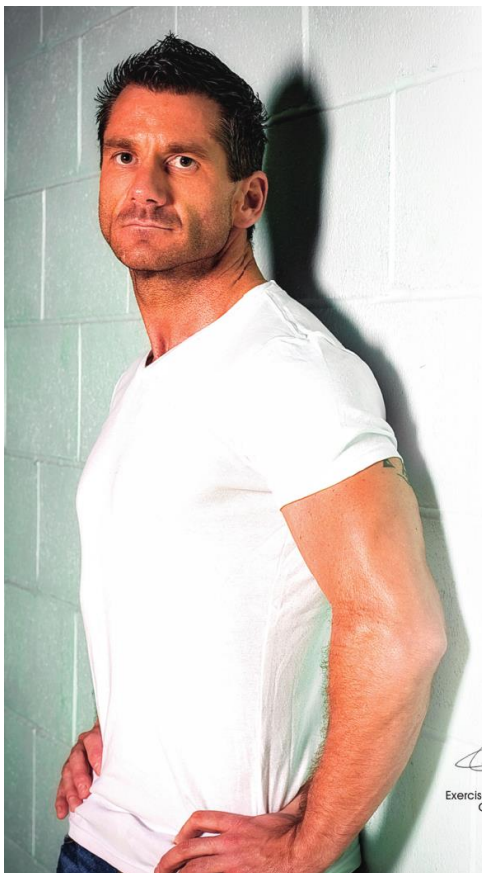
- **Kneeling Hip Flexor Stretch:**

Kneeling on one knee with the other leg bent with the foot forward shift your weight forward onto the front foot. Push the hip of the kneeling leg forward and down to the floor to stretch the hip flexor.



- **Sit and Reach Test:**

Repeat the first test to assess any immediate improvement in flexibility (this will be slow but progressive). This time hold the feet/ankles/calves and lower your torso down onto the top of the legs....any progression from the first test??



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