

REMEMBER

Each stretch is held for slow count of 5-5. Perform each stretch three times. Stretches should never be painful; if they are you possibly are stretching too far.



Neck Side Flex

Muscles: Upper Trapezius and Scaleni.

Put left ear on left shoulder (still looking forward). Repeat on right side.



Neck Rotation

Muscles: Sternocleidomast.

Turn to look over your left shoulder. Repeat on right side. Never roll the head backwards.



Shoulders

Muscles: Latissimus Dorsi.

Link hands and reach up as far as you can over your head.



Shoulder Depression

Muscles: Upper Trapezius.
Push your shoulders down towards the ground.



Side Flex

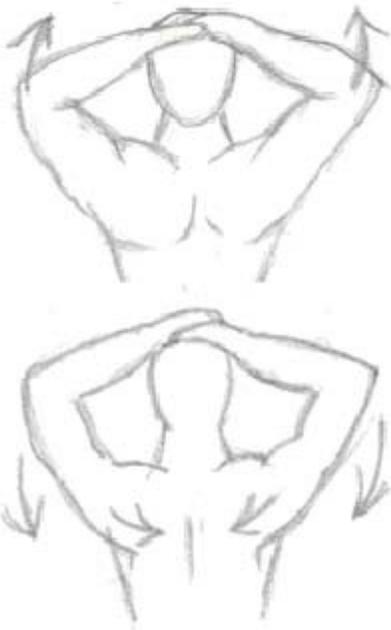
Muscles: Lumbar side and Triceps.
Reach down your back with the right arm, hold with left hand and lean to your left side. Repeat on the other side.



Pectorals

Muscles: Pectorals.

Link your hands behind you and, keeping your arms straight, push the arms backwards and upwards.



Pectorals

Muscles: Pectorals.

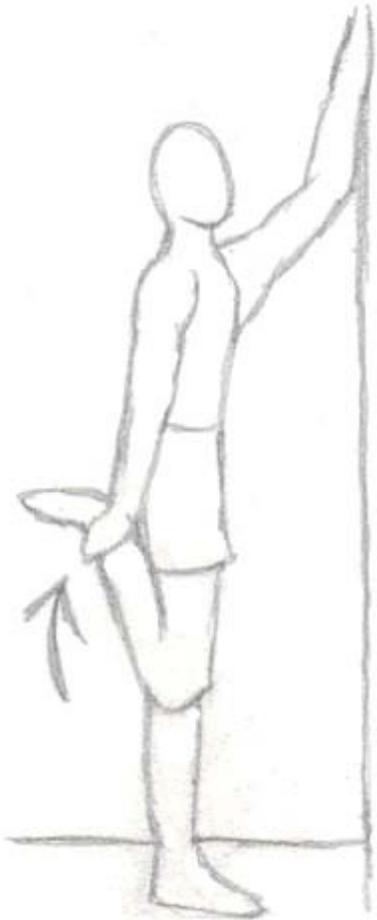
With hands on head, pull the elbows back bringing the shoulder blades together and stretching the front of the chest.



Rhomboids

Muscles: Rhomboids.

Cross your arms across your chest and grab the opposite shoulders. Push the elbows forward to pull the shoulder blades apart.



Quadriceps

Muscles: Quadriceps.

Bring your heel up towards your bottom to stretch the front of the thigh. Repeat on the opposite leg.



Hamstrings and calf

Muscles: Hamstrings and calf.

With the left leg forwards, straighten the knee and point the toes up to the ceiling. Bend the right knee and lean forward over the front knee to stretch the back of the thigh. Repeat on the other leg.



Lumbar Rotation

Muscles: Erector spinae, quadratus lumborum and abdominal obliques.

Bending the knees slightly turn the torso round and reach to the left. Repeat on the other side



To loosen upper arm and chest muscles.

Interlock the fingers with palms out. Extend arms above head, keeping fingers locked. Stretch upwards and hold for 10 seconds.



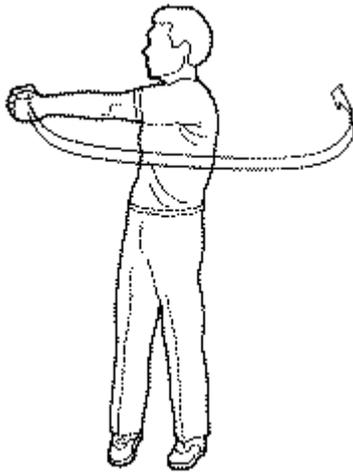
To loosen back muscles.

Cross arms in front of chest and place hands around shoulders. Slowly stretch hands towards middle of back as far as possible. Hold for 10 seconds.



To loosen chest, top of shoulder and lower arm muscles.

Bend one arm over head and down back, bend other arm around and up back. Grasp finger tips and hold for 10 seconds, then reverse arm positions and hold for 10 seconds. Keep backbone vertical during this exercise.



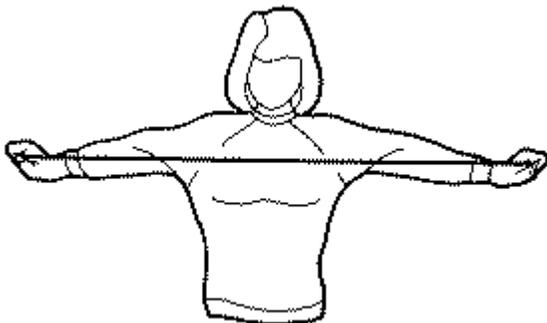
To loosen shoulders and back muscles.

Lock fingers together, extend arms and twist slowly as far as possible to the right and hold for 10 seconds. Then twist slowly to the left and hold for 10 seconds.

Do not twist suddenly as it may damage backbone joints.

To loosen neck and upper shoulder muscles.

From a normal standing position with arms at sides, raise up both shoulders towards neck as high as possible, then move shoulders forward, then move shoulders back. Do this for about 10 seconds.



To loosen back and shoulder muscles.

Use a length of spear gun rubber or rubber tubing, grasp each end, raise arms to shoulder height and extend arms, keeping elbows straight, outwards and backwards by squeezing shoulder blades together. Hold for 10 seconds and repeat about 6 times.



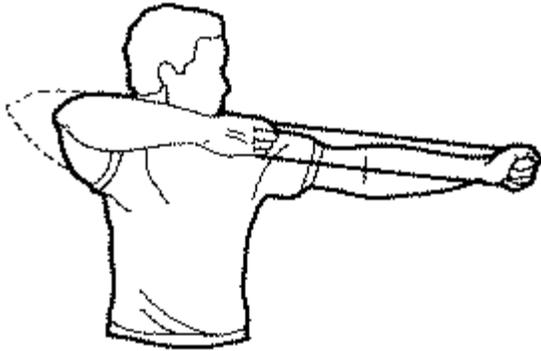
To loosen shoulder muscles.

Use a length of spear gun rubber or rubber tubing, grasp each end, raise one arm above head and the other arm level with shoulder. Pull down with arm and hold for 10 seconds. Repeat about 6 times. Swap arm positions and repeat exercise.



To loosen chest and shoulder muscles.

Use a length of spear gun rubber or rubber tubing, grasp each end behind back, hold arms at shoulder level, then swing arms forwards to stretch rubber. hold for 10 seconds. Repeat about 6 times.



To loosen shooting muscles.

Use a length of spear gun rubber or rubber tubing tied in a loop, imitate the shooting draw. Hold for 10 seconds. Repeat about 6 times.

Repeat exercise with opposite hands to balance muscle development.