



## England Flexibility Exercises

All exercises push in direction of arrow for 5 seconds, then relax for 5 seconds x 3, then hold for 20 seconds. Complete twice changing legs second time.

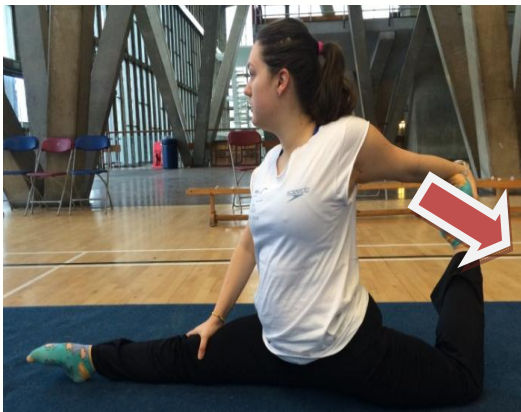
- Lunge (knee in line with ankle, back knee bent)
- Hold same arm
- Body as vertical as possible
- Push foot towards floor



- Bend back leg in
- Front leg extended/foot pointed
- Push away from nose



- Split back leg bent as far as it will go
- Keep bent leg in line with hip
- Push foot towards floor



- Over-split
- Shoulders over hips
- Squeeze legs together so you feel a slight lift

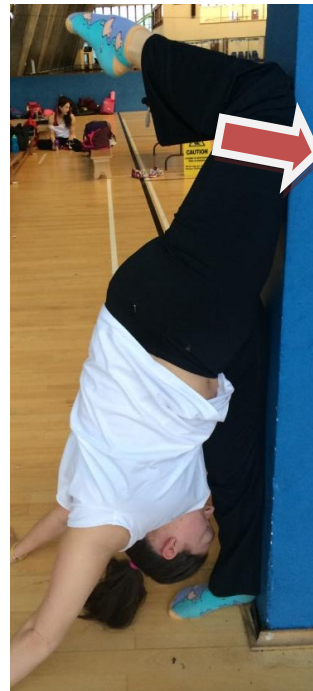




- Frog position – knees bent at 90o
- Elbows on floor
- Squeeze inner thighs so you feel a slight lift



- Splits up wall
- Go as far in as possible
- Bend back knee to 90o
- Front foot flat on floor – including heel
- Push knee into wall



### Hip mobility

1. Straddle hip swings into splits - sit in straddle, lean over one leg and swing body as close to floor and over other leg – push into splits at the same time.
2. Surface prawn – start lying on front, move one leg up to shoulder, keep everything else still, move back to layout and repeat other leg.
3. Leg circles – lying on back, move one leg in a large circle and return to layout, keep foot close to the ground, repeat the other way and then with other leg.
4. Around the world - Pike fold – open to box – round to layout, push up to arch
5. Ariana rotation with lift into each split
6. Swan position body forward – side – side x 10