

## WALL STRETCHES



### A) HAMI WALL STRETCH

- Put your legs up the wall straight with bottom close to/against the wall



### B) GLUTE WALL STRETCH

- Legs up the wall, bend one knee slightly and take the other leg and place ankle over the knee
- Can gently push knee towards wall



### A) ADDUCTOR WALL STRETCH

- Legs up the wall, bend knees & split them apart
- Gently push on knees towards wall



### B) LONG ADDUCTOR STRETCH

- Get into position A, then straighten one leg out against the wall to give groin stretch

Notes: