

## TECHNICAL DATA SUMMARY SHEET 2

### ABDOMINAL STRETCHING GUIDANCE



#### 1) SHOULDER AND TRUNK STRETCH

THE FEET ARE PLACED SHOULDER WIDTH APART, AND THE RIGHT ELBOW IS GRASPED WITH THE LEFT HAND. THE BODY IS THEN LEANT TOWARDS THE RIGHT UNTIL THE STRETCH IS FELT IN THE LEFT SIDE. THE STRETCH IS THEN REPEATED ON THE OTHER SIDE



#### 2) SHOULDER AND STOMACH STRETCH

THE FINGERS ARE LINKED TOGETHER AND THE PALMS OF THE HANDS PUSHED UP TOWARDS THE CEILING. THE STRETCH IS FELT UNDER THE SHOULDERS AND IN THE STOMACH MUSCLES.



#### 3) ABDOMINAL ROTATIONS

STANDING WITH FEET SHOULDER WIDTH APART, ROTATE THE HIPS SO THAT YOUR HEAD SHOULDERS AND CHEST ARE FACING 90 DEGREES TO YOU RIGHT, AND THEN ROTATE TO THE LEFT. MAINTAIN A STRAIGHT BACK (DO NOT GO TOO FAST- CONTROLLED MOVEMENTS ARE REQUIRED)



#### 4) ABDOMINAL STRETCH

LYING ON THE FRONT WITH THE HANDS UNDERNEATH THE SHOULDERS, THE HEAD AND SHOULDERS ARE GENTLY PUSHED UP WITH THE ARMS. THE PELVIS IS KEPT TO THE GROUND. THE STRETCH IS FELT IN THE FRONT OF THE STOMACH

THESE STRETCHES SHOULD BE CARRIED OUT PRIOR TO ANY ABDOMINAL ROUTINE, AND AFTER EVERY ABDOMINAL ROUTINE. THESE STRETCHES PREPARE THE MUSCLES FOR EXERCISE AND IMPROVE THE FLEXIBILITY OF THE CORE REGION. DURING A WARM UP EACH STRETCH SHOULD BE HELD FOR A MIN OF 6 SECONDS, AND DURING THE COOL DOWN EACH STRETCH SHOULD BE HELD FOR A MINIMUM OF 10 SECONDS. ENSURE A RANGE OF STRETCHES ARE CARRIED OUT FOR THE WHOLE BODY NOT JUST THE ABDOMINAL REGION