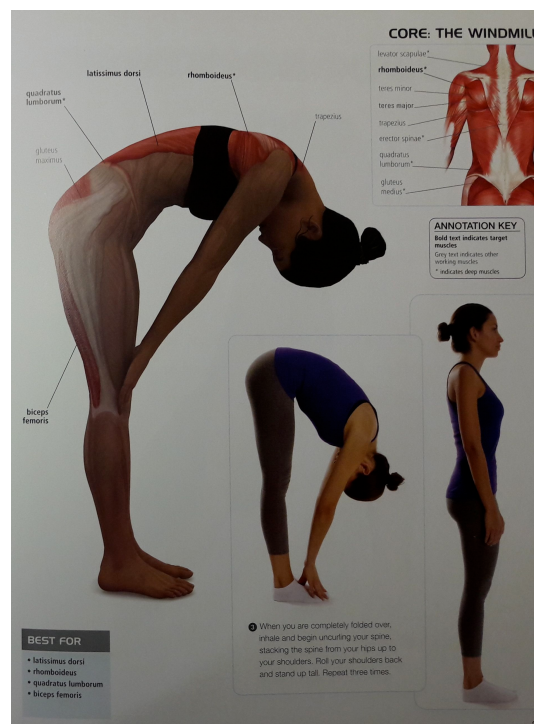
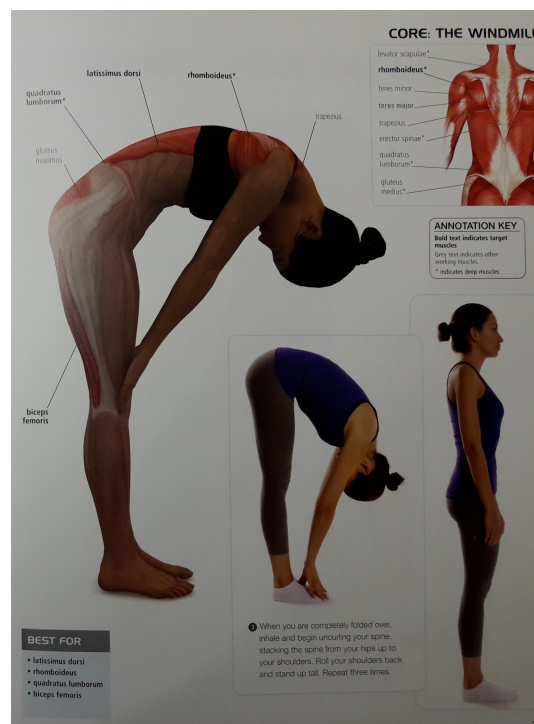
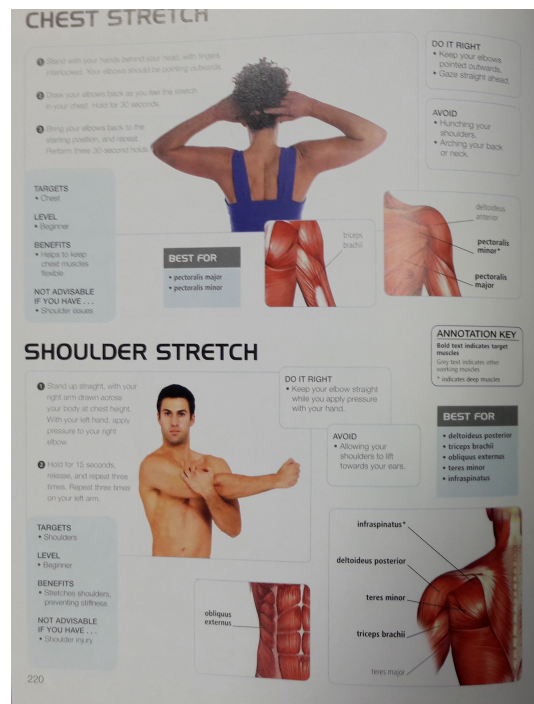
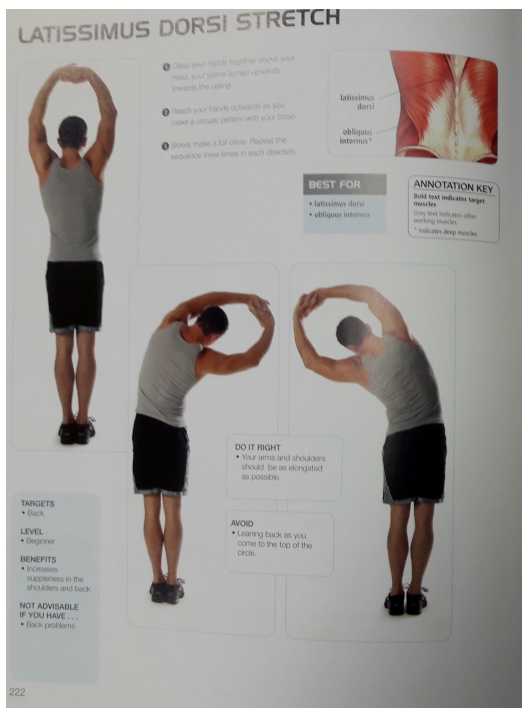


Lokanības vingrojumi distanču skrējējiem



DO IT RIGHT

- Keep your arms and legs relatively straight.

AVOID

- Arching your back at any point.
- Forcing your hands to reach the floor.

BEST FOR

- tractus iliotibialis
- biceps femoris
- gluteus maximus
- vastus lateralis

ANNOTATION KEY

Bold text indicates target muscles
 Grey text indicates other working muscles
 * indicates deep muscles

TARGETS

- Groin
- Outer thighs

LEVEL

- Beginner

BENEFITS

- Stretches iliotibial band, calves, hamstrings and glutes

NOT ADVISABLE IF YOU HAVE . . .

- Back injury

DO IT RIGHT

- Tuck your head down towards your chest and rolling down one vertebra at a time, reach down towards your toes. Keeping your weight slightly shifted forwards, continue exhaling, rounding your spine.

AVOID

- Tensing your neck muscles.
- Bouncing as you try to reach your hands to your toes—reach down only as far as you can comfortably extend.

TARGETS

- Spine

LEVEL

- Beginner

BENEFITS

- Stretches the spine and hamstrings
- Reduces spinal stacking skills

NOT ADVISABLE IF YOU HAVE . . .

- Lower back pain that radiates down the leg

BEST FOR

- latissimus dorsi
- rhomboides
- biceps femoris
- quadratus lumborum
- gluteus maximus

ANNOTATION KEY

Bold text indicates target muscles
 Grey text indicates other working muscles
 * indicates deep muscles

WIDE-LEGGED FORWARD BEND

DO IT RIGHT

- Stand with your feet parallel and wide apart. Bend your knees slightly and tuck your pelvis slightly forwards. Lift your chest and press your shoulders downwards and back.

DO IT RIGHT

- Contract your leg muscles.
- Keep your feet firmly on the ground throughout.
- Keep your chest elevated.

AVOID

- Bending forwards from your waist.
- Compressing the back of your neck as you look forwards.
- Tensing your shoulders.

BEST FOR

- gluteus maximus
- gluteus medius
- rectus abdominis
- transversus abdominis
- erector spinae
- gastrocnemius
- soleus

ANNOTATION KEY

Bold text indicates target muscles
 Grey text indicates other working muscles
 * indicates deep muscles

TARGETS

- Hamstrings
- Lower back
- Glutes
- Calves

LEVEL

- Advanced

BENEFITS

- Stretches and strengthens hamstrings, groin and spine

NOT ADVISABLE IF YOU HAVE . . .

- Lower back issues

CALF STRETCH

DO IT RIGHT

- Keep your back strongly flexed.
- To enhance the stretch, bend your knee more deeply and lower your body further.

AVOID

- Tensing your shoulders.

BEST FOR

- gastrocnemius

ANNOTATION KEY

Bold text indicates target muscles
 Grey text indicates other working muscles
 * indicates deep muscles

TARGETS

- Lower legs
- Calves

LEVEL

- Beginner

BENEFITS

- Stretches the calves and releases the Achilles tendons.

NOT ADVISABLE IF YOU HAVE . . .

- Lower back issues
- Achilles tendon problems
- Knee issues

STANDING HAMSTRINGS STRETCH

1 Stand with one leg bent and the other extended in front of you with the heel on the floor.

2 Lean over your extended leg, resting both hands above your knee. Place the majority of your body weight on your front heel while feeling the stretch in the back of your thigh. Hold for 30 seconds.

DO IT RIGHT

- Keep your front leg straight.
- Flex the foot of your front leg as you stretch.

AVOID

- Allowing your back to arch or round forwards.
- Hunching your shoulders.

TARGETS

- Hamstrings

LEVEL

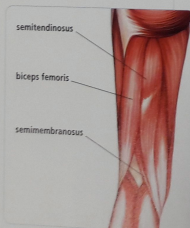
- Beginner

BENEFITS

- Helps to keep hamstring muscles flexible

NOT ADVISABLE IF YOU HAVE

- Lower back issues
- Knee issues



BEST FOR

- biceps femoris
- semitendinosus
- semimembranosus

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles

STANDING QUADRICEPS STRETCH

1 Stand with your feet together, bend your right leg forward and, with your foot flat on the floor, pull your heel towards your buttocks until you feel a stretch in the front of your thigh. Keep both knees together and aligned.

2 Hold for 30 seconds. Repeat sequence three times on each leg.

DO IT RIGHT

- Keep both knees pressed together.
- With the arm opposite your bent leg, lean against a wall or other stable object to aid your balance.

AVOID

- Leaning forwards with your chest.
- Bringing your foot closer to your buttocks than you can reach with a comfortable stretch – this can compress the knee joint.

TARGETS

- Thighs

LEVEL

- Beginner

BENEFITS

- Helps to keep thigh muscles flexible

NOT ADVISABLE IF YOU HAVE

- Knee issues

MODIFICATION

Easier: Wrap a resistance band or small towel around your ankle and grasp both ends to aid in raising your foot.

BEST FOR

- rectus femoris
- vastus lateralis
- vastus medialis
- vastus intermedius

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles



HIP-TO-THIGH STRETCH

1 Kneeling on your left knee, place your right foot on the floor in front of you so that your right knee is bent less than 90 degrees.

2 Bring your torso forwards, bending your right knee so that your knee points towards your toes. Keeping your torso in a neutral position, press your right hip forwards and downwards to create a stretch over the front of your thigh. Raise your arms up towards the ceiling, keeping your shoulders relaxed.

DO IT RIGHT

- Ensure your shoulders and neck remain relaxed.
- Move your entire body as a single unit as you go into the stretch.

AVOID

- Extending your knee too far over the planted foot.
- Rounding your hips.
- Shifting the knee of the back leg outwards.

3 Bring your arms down and move your hips backwards. Straighten your right leg, and bring your torso forwards. Place your hands on either side of your straight leg for support.

4 Hold for ten seconds, and repeat the forwards and backwards movement five times on each leg.



MODIFICATION

More difficult: During the backwards movement, raise your back knee off the floor and straighten your back leg. Keep your hands on the floor.



BEST FOR

- rectus femoris

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles

TARGETS

- Hips
- Thighs

LEVEL

- Beginner

BENEFITS

- Develops front and back of the thighs

NOT ADVISABLE IF YOU HAVE

- Back problems

CHILD'S STRETCH

1 Kneel on a mat with your hips aligned over your knees. Bring your legs together so that your big toes are touching.

2 Sit back, resting your buttocks on your heels. Separate your knees about hip-width apart.

DO IT RIGHT

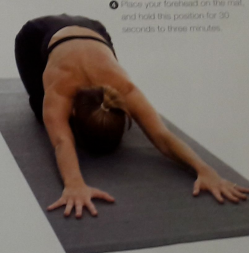
- Round your back to create a dome shape.

AVOID

- Flushing the pose. It can take a few minutes to allow your body to deepen into the full stretch.
- Compressing the back of your neck.

3 Lower your chest onto your thighs as you relax your hands in front of your head, elongating your neck and spine as you stretch your buttocks towards the mat.

4 Place your forehead on the mat, and hold this position for 30 seconds to three minutes.



BEST FOR

- latissimus dorsi
- trapezius

TARGETS

- Lower back

LEVEL

- Beginner

BENEFITS

- Stretches and relaxes the

NOT ADVISABLE IF YOU HAVE

- Knee injury

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles

SHIN RELEASE

1. Kneel with your buttocks resting lightly on your heels.



DO IT RIGHT

- Make sure your gluteal muscles are contracted and engaged to avoid a curve in your lumbar spine.
- Keep a space between the heels and the glutes.

AVOID

- Arching your back.

2. Place your hands flat on the floor behind you, with your fingers pointing forwards. Keep a slight bend in your elbows.

3. Lean back slightly to increase the intensity of the stretch.

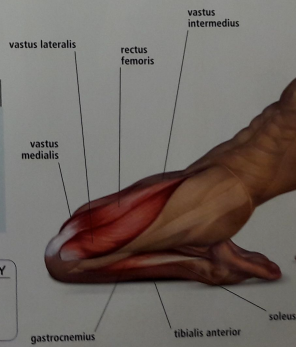


BEST FOR

- gastrocnemius
- soleus
- rectus femoris
- vastus lateralis
- vastus intermedius
- vastus medialis
- tibialis anterior

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles



BILATERAL SEATED FORWARD BEND



DO IT RIGHT

- Bend at the hips and keep your spine straight as you stretch.
- Extend your torso as far forwards over your legs as possible.

AVOID

- Holding your breath.
- Tensing your jaw or clenching your teeth while performing any stretch; relaxing your mouth will help you breathe evenly.

BEST FOR

- biceps femoris
- semitendinosus
- semimembranosus
- multifidus spinæ
- erector spinæ
- gastrocnemius
- soleus
- rhomboides



MODIFICATION

- Harder: For a deeper stretch, place an exercise band around the middle of your feet, using both to draw the band towards your knees.



2. Lean forwards, lowering your abdominals over your thighs, forearms resting above your knees as you stretch.

3. Slowly roll up, and repeat if desired.

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles

TARGETS

- Hamstrings

LEVEL

- Beginner

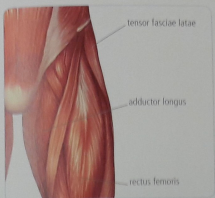
BENEFITS

- Improves hamstring and hip flexibility

NOT ADVISED IF YOU HAVE

- Knee injury
- Lower back

CORE: COBRA STRETCH

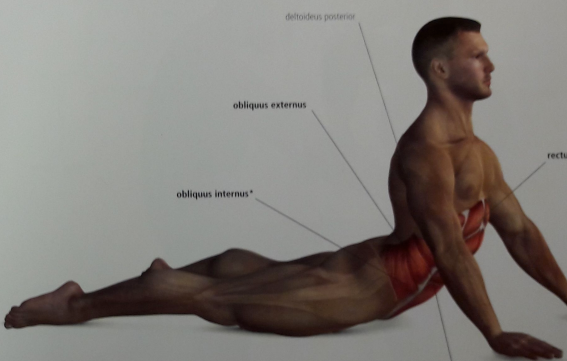


BEST FOR

- rectus abdominis
- transversus abdominis
- obliquus externus
- obliquus internus

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles

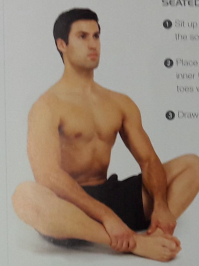


MODIFICATION

- Easier: Instead of straightening your arms in step 2, rest on your forearms on the floor.



BUTTERFLY



SEATED BUTTERFLY

1. Sit up tall on the floor or a mat, with the soles of your feet pressed together.
2. Place your forearms or elbows on your inner thighs, and grab your feet and toes with your hands.
3. Draw your heels in towards your core.

DO IT RIGHT

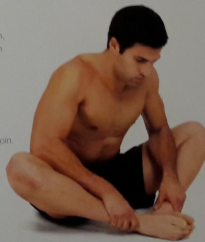
- Tuck as you drop your chest towards the floor.

AVOID

- Slouching
- Holding your breath
- Rounding backwards, off your hip bones; instead, feel them anchored on the floor

FOLDED BUTTERFLY

1. From the seated butterfly position, place your forearms or elbows on your inner thighs, and grab your feet and toes with your hands. Keep your heels a comfortable distance from your core.
2. Fold your upper body forwards until you feel a stretch in your groin and in your upper inner thighs.
3. Slowly roll up, and repeat if desired.



BEST FOR

- adductor longus
- adductor brevis
- gracilis
- pectineus

ANNOTATION KEY

- Bold text indicates target muscles
- Grey text indicates other working muscles
- * indicates deep muscles



TARGETS

- Hips and thigh
- Lower back
- Trunk and core

LEVEL

- Beginner

BENEFITS

- Stretches the lower back
- Prevents and counteracts stiffness caused by long bike

NOT ADVISED IF YOU HAVE

- Hip injury
- Lower back
- Folded position

UNILATERAL SEATED FORWARD BEND



1 Sit on the floor, sitting up as straight as possible, with your legs extended in front of you in parallel position.

MODIFICATION

Harder: Follow steps 1 through 3, then exhale and stretch your sternum forward as you fold your torso over your left leg. Grasp the inside of your left foot with your right hand. Use your left hand to guide your torso to the left.



DO IT RIGHT

• Drop your head to benefit your rhomboids, and for a more intense overall stretch.

AVOID

• Allowing the foot of your bent leg to shift beneath your straight leg.
• Straining your back—if yours is tight, try performing this stretch with a support, such as a sofa, behind you. Be sure to position your lower back as close to the support as possible.



2 Bend your right leg until it is turned out, with the bottom of your right foot resting at your left inner thigh just above the kneecap. Rest your hands on your knee.

3 Bend from your waist, and lean forwards over your left leg. Place your forearms above your left kneecap.

4 Switch legs, and repeat on the other side.

TARGETS

• Hamstrings

LEVEL

• Beginner

BENEFITS

• Stretches and flexes hamstrings, groins and spine

NOT ADVISABLE IF YOU HAVE...

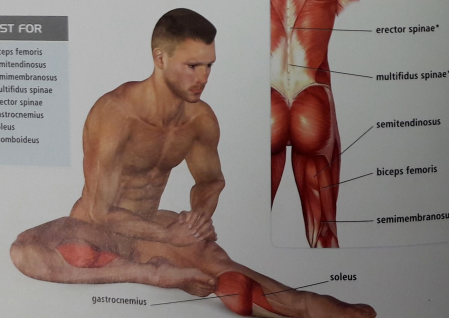
• Knee injury
• Lower-back injury

BEST FOR

• biceps femoris
• semitendinosus
• semimembranosus
• multifidus spinae
• erector spinae
• gastrocnemius
• soleus
• rhomboideus

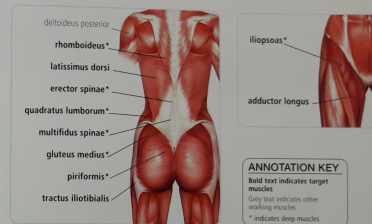
ANNOTATION KEY

Bold text indicates target muscles
Grey text indicates other working muscles
* indicates deep muscles



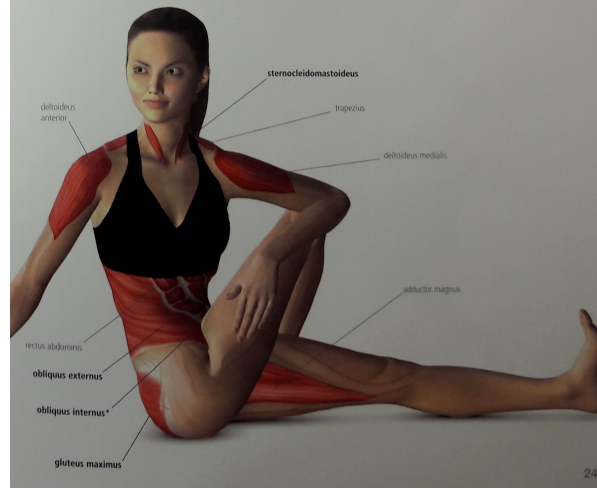
BEST FOR

• adductor longus
• iliopsoas
• rhomboideus
• sternocleidomastoideus
• latissimus dorsi
• obliquus internus
• quadratus lumborum
• erector spinae
• multifidus spinae
• tractus iliotibialis
• gluteus maximus
• gluteus medius
• piriformis



ANNOTATION KEY

Bold text indicates target muscles
Grey text indicates other working muscles
* indicates deep muscles



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SPINE STRETCH

1 Lie on your back with your left leg straight and the right leg bent, placing your right foot on your left shin.



DO IT RIGHT
• Make sure your lower back remains relaxed.

AVOID

• Allowing your shoulders to lift off the floor

2 Keeping both shoulders on the floor, slowly bring your right leg across your body until you feel the stretch in the area between your lower back and hips. Stretch only as far as your shoulders will allow without one of them rising from the floor.

3 Hold for 15 seconds. Repeat the sequence three times on each side.

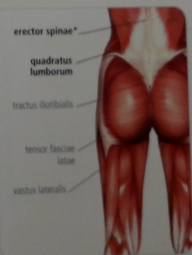


BEST FOR

• quadratus lumborum
• erector spinae

ANNOTATION KEY

Bold text indicates target muscles
Grey text indicates other working muscles
* indicates deep muscles



TARGETS

• Back

LEVEL

• Beginner

BENEFITS

• Stretches the back

NOT ADVISABLE IF YOU HAVE...

• Back problems

KNEE-TO-CHEST FLEX



1 Lie supine on a mat with your legs together and arms outstretched.

DO IT RIGHT
• Keep your spine in a neutral position.



2 Bend your left knee and bring your foot to your body's midline while clapping your hands together to hold your knee. Hold the stretch for 15 seconds.

3 Return to the start position.

AVOID

• Lifting your buttocks off the floor



4 Again, clapping your hands together to hold your knee, bend your right knee, but this time rotate the left leg to the right, bringing the side of your leg against your chest.

5 Hold the stretch for 15 seconds, and then return to the start position. Repeat the entire sequence with the right leg bent.

ANNOTATION KEY

Bold text indicates target muscles
Grey text indicates other working muscles
* indicates deep muscles

TARGETS

• Lower back
• Hips

LEVEL

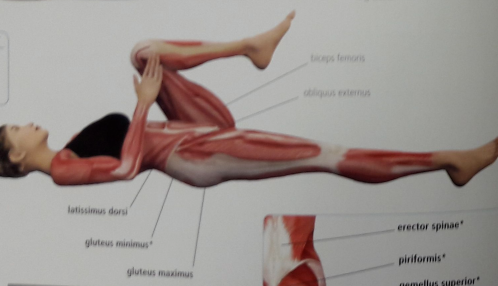
• Beginner

BENEFITS

• Stretches lower back, hip extensors and hip rotators

NOT ADVISABLE IF YOU HAVE...

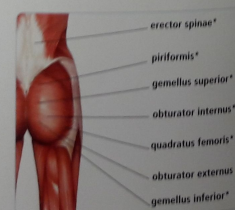
• Acute and degenerative joint diseases



BEST FOR

• erector spinae
• latissimus dorsi
• gluteus maximus
• gluteus minimus
• piriformis

• gemellus superior
• gemellus inferior
• obturator externus
• quadratus femoris



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4 Hold, return to the starting position, and repeat on the other side.

BEST FOR

- gemellus inferior
- gemellus superior
- gluteus medius
- gluteus minimus
- piriformis
- obturator externus
- obturator internus
- pectoralis major
- pectoralis minor
- quadratus femoris
- gluteus maximus

MODIFICATION
Harder: Place the palm of your right hand on your left quadriceps, and exert gentle downwards pressure while your left leg is crossed over your right, and vice versa.

ANNOTATION KEY
Bold text indicates target muscles
Grey text indicates other working muscles
* indicates deep muscles

pectoralis major

gluteus minimus*

gluteus medius*

gluteus maximus

gemellus inferior*

obturatus externus

obturatus internus*

gemellus superior*

piriformis

quadratus femoris*

pectoralis minor*

BEST FOR

- piriformis
- quadratus femoris

ANNOTATION KEY
Bold text indicates target muscles
Grey text indicates other working muscles
* indicates deep muscles

erector spinae*

piriformis

gluteus medius*

gluteus minimus*

gluteus maximus

quadratus femoris*

gluteus minimus*

erector spinae*

gluteus medius*

piriformis

quadratus femoris*

2 On an exhalation, gently pull your left thigh towards your chest until you feel a stretch.

3 Hold for 15 seconds. Release, and then repeat on the other side.