

E

WARM-UP Buttocks and Hips



- (1) Lie flat on your back with one leg raised straight to the vertical and your arms outstretched to the sides.
- (2) Exhale, and slowly lower your raised leg across your body towards the opposite hand whilst keeping your elbows, head and shoulders flat on the floor.
- (3) Hold the stretch and relax (*for 6 secs*).
- (4) How can you perform this in unison with your partner.

N.B. Perform stretch 4 times unless your muscles feel stressed.

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F

WARM-UP Abductors



- (1) Sit upright on the floor.
- (2) Flex your knees and bring the heels and soles of your feet together as you pull them towards your buttocks.
- (3) Place your elbows on the inside portion of both legs.
- (4) Exhale, and slowly push your legs towards the floor.
- (5) Hold the stretch and relax (*for 6 seconds*).
- (6) Return to the starting position.

N.B. Perform twice then shake legs out - perform twice more if your muscles don't feel too stressed.

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