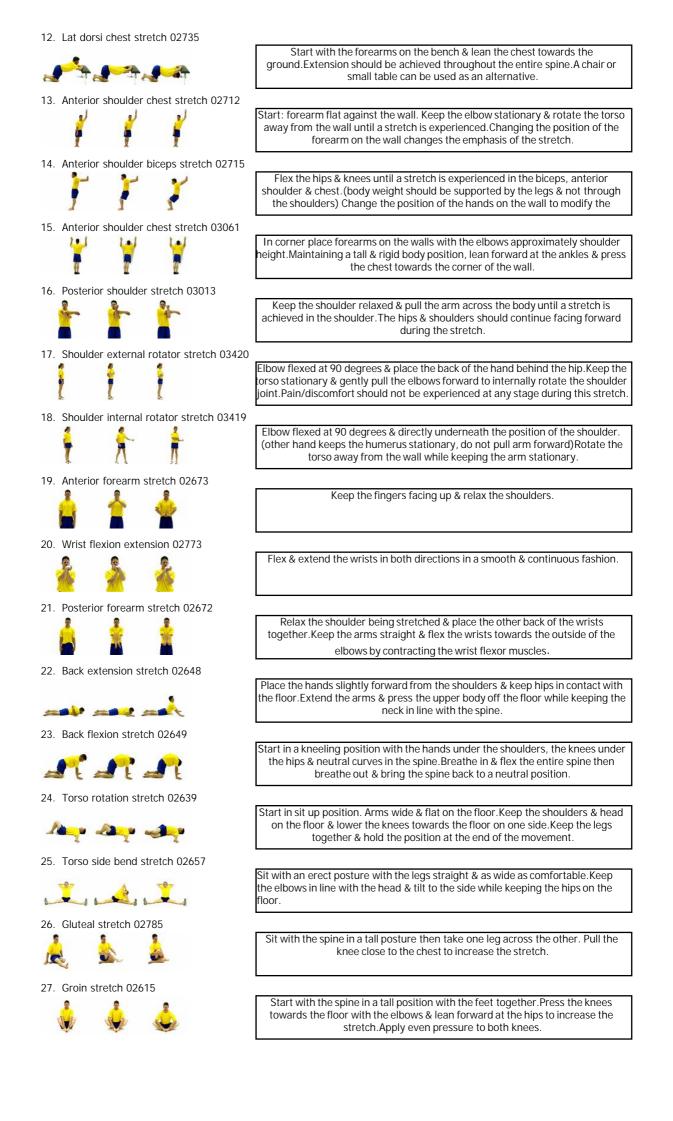
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## Sport Cricket Program Type Flexibility Program

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Foam Roller - Can be used on any part of the body to reduce stiffness and tight muscles. Use the roller over the tight muscles minutes and rest for 1-2 minutes. Complete 3 times.         Please see examples below         1. Foam roller quadriceps self massage 02929         Image: See examples below         2. Foam roller hamstrings self massage 05442         Image: See examples below         3. Calf self massage foam roller 05440         Image: See examples below         4. Foam roller buttock self massage 05444         Image: See examples below
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Full Body Stretches - Help to improve all over body flexibility
Hold each stretch for 20-30 seconds. Repeat each stretch 2-3 times on each side or limb.
Neck flexion rotation stretch 02683
Place both hands behind the head, flex the chin towards the chest & then rotate the neck. Pull the head forward rather than down to avoid compressing the joint in the neck.
0. Lateral neck stretch 02786
Sit on the heels with the hand under the thigh. Pull the head towards the shoulder while continuing to look forward. The stretc should be experienced on theopposite side to the direction of the stretch.
1. Lat dorsi stretch 02663
Begin in a kneeling position with the palms facing up & approximately shoulder width apart.Keep the hands on the floor, sit the hips back onto the feet & press the chest towards the floor.

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.





30. Quadriceps stretch 02624





32. Tensor fascia late stretch 02637



Start with the hips & shoulders facing forwards & lean forward at the hips.Do not allow the pelvis to tilt anteriorly or allow the lower back to extend.

Keep the leg straight & anteriorly tilt the pelvis to lean forward at the hips. Move the chest forward rather than down.Varying the foot direction changes the emphasis on the hamstring muscles.Place the hands on the floor for balance.

Lie flat on the ground with the legs directly in line with the hips. Relax the neck & shoulders & do not allow the lower back to arch while flexing the knee.

Take a small step forward & place the foot flat on the ground, facing forward. Keep the rear leg straight & continue to lunge forward while keeping the back heel on the ground.The shoulders should remain above the hips for balance.

Start with the hips & shoulders in contact with the floor & the arms wide for balance. Place one foot on the opposite knee & pull the knee towards the floor. The movement is rotation at the hip joint & do not allow the knee to twist.