

Oxford Stretching Regime

FENCERS CLUB



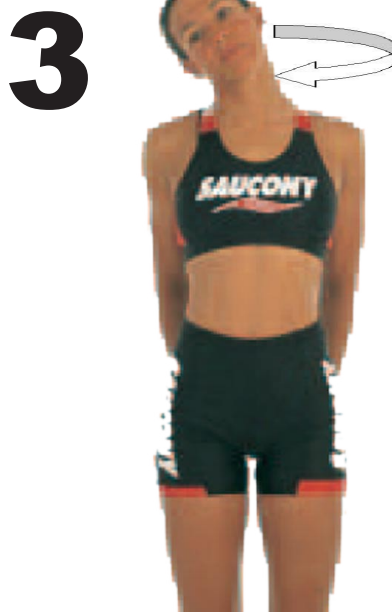
1

Sky reach
Reach as high as possible.



2

Toe touch
First to relax the back, then to touch the floor.



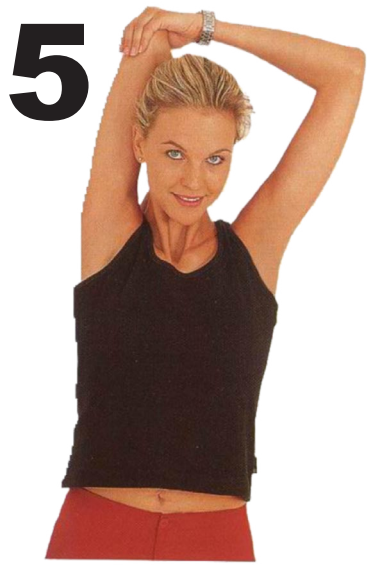
3

Neck roll
Roll to the sides and forward, don't roll back.



4

Shoulder roll
Roll the shoulders forward and back.



5

Shoulder stretch
Pull the elbows.



6

Side reach
Stretch to the side, keep the shoulders in-line with the hips



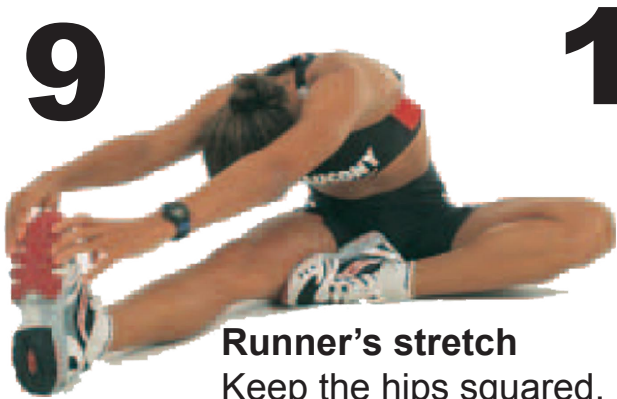
7

Quadriceps
Balance by thinking "up".



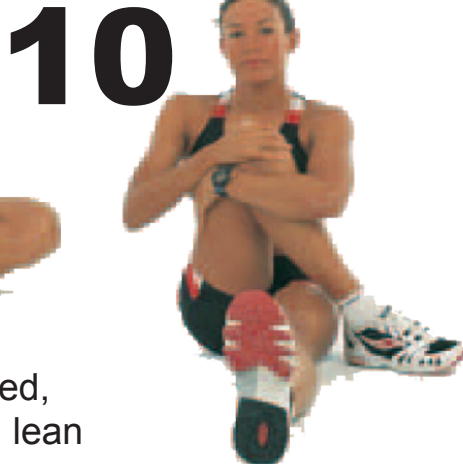
8

Gastrocnemius
Find a wall, stretch the back heel and calf.



9

Runner's stretch
Keep the hips squared, tuck one foot in, and lean forward.



10

Cross-thigh hug
Pull the leg up and hug it.



11

Lower back
Cross leg, and twist lower back with elbow.



12

Piriformis stretch
Thigh up, or variant thigh against the floor.



13

Ankle roll
Rotate and loosen the ankle.



14

Thigh hug
Stretch the glutes.



15

Resistance leg
Grasp behind knee and pull back, meanwhile straightening leg. Variant, point toe down.



16

Indifferent Frog
Feet together, get the thighs to the floor.