

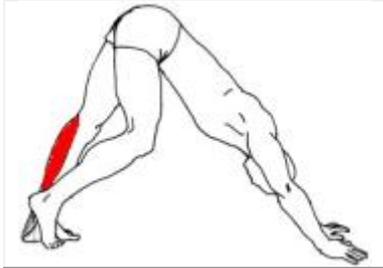
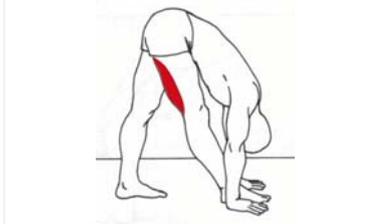
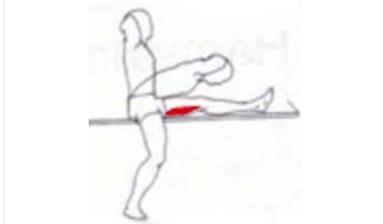
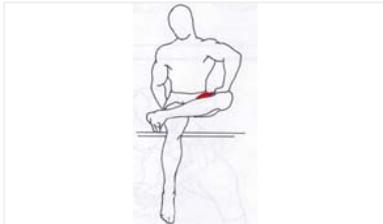
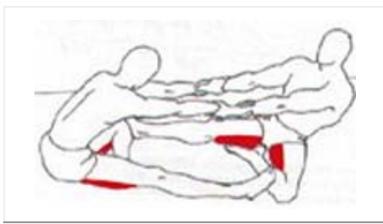
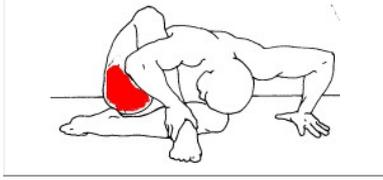
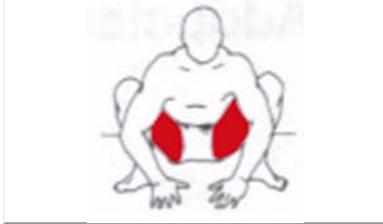
**CASCADE SWIM CLUB**  
**Stretching and Flexibility Exercises**



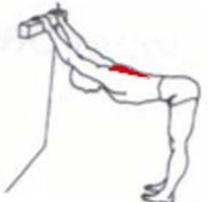
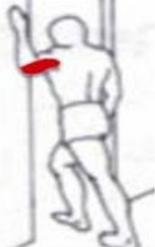
All the stretches are *DYNAMIC*, meaning movement-based and should be performed in a rhythmic fashion and never past the point of discomfort.

	<p><b>1. ASSISTED ANKLE INVERSION STRETCH</b></p> <ul style="list-style-type: none"> <li>✓ Leg crossed, as pictured.</li> <li>✓ Lightly support heel to stabilise foot</li> <li>✓ Using hand, roll foot toward midline</li> <li>✓ Work for 30 to 45secs per side</li> <li>✓ Intensity of stretch can be increased at will</li> </ul>
	<p><b>2. ANTERIOR ANKLE STRETCH</b></p> <ul style="list-style-type: none"> <li>✓ Toes planted, as pictured.</li> <li>✓ Press toes, big toe particularly, into ground</li> <li>✓ Raise heel maximally</li> <li>✓ Keep weight distributed into big toe</li> <li>✓ Work for 30 to 45secs per side</li> </ul>
	<p><b>3. DEEP WALL CALF STRETCH</b></p> <ul style="list-style-type: none"> <li>✓ Leg positioned, as pictured.</li> <li>✓ Lightly support hands against wall</li> <li>✓ Flex &amp; extend leg whilst toes remain planted</li> <li>✓ Flex for a second, then extend for a second etc</li> <li>✓ Keep big toe firmly drilled into floor</li> <li>✓ Work for 30 to 45secs per side</li> </ul>
	<p><b>4. FOOT &amp; ANKLE STRETCH</b></p> <ul style="list-style-type: none"> <li>✓ Leg positioned, as pictured.</li> <li>✓ Secure big toe to ground as an anchor point</li> <li>✓ Push knee forward, ankle joint 'open'</li> <li>✓ Work for 30 to 45secs per side</li> </ul>

**CASCADE SWIM CLUB**  
**Stretching and Flexibility Exercises**

	<p><b>5. SPRINT START CALF STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Leg positioned, as pictured.</li><li>✓ Working limb with knee at full extension</li><li>✓ Keep foot flat on working limb</li><li>✓ Hips raised maximally whilst foot secure</li><li>✓ Effectively, leaning back and forth to create stretch</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>6. FORWARD FLEX HAMSTRING STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Leg slightly flexed, as pictured.</li><li>✓ Lightly extend arms to stabilize torso against floor</li><li>✓ Weight pushed into foremost foot</li><li>✓ Rear foot remains flat &amp; knee flexed</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>7. ELEVATED HAMSTRING STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Leg positioned, as pictured, against tabletop.</li><li>✓ Commence with upright posture &amp; leg straight</li><li>✓ Lean forward, keeping toe upright</li><li>✓ Hold position for 1sec, sit-upright &amp; repeat</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>8. SEATED EXTERNAL HIP ROTATOR</b></p> <ul style="list-style-type: none"><li>✓ Leg positioned, as pictured.</li><li>✓ Toe turned inward very slightly</li><li>✓ Press against flexed knee repetitively</li><li>✓ Stretches through groin and outer hip</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>9. PARTNER HAMSTRING STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Positioned with partner as shown</li><li>✓ Both extend the same leg</li><li>✓ Light support at the wrists, partner leans back</li><li>✓ Work rhythmically, not overstretching</li><li>✓ 30 to 45secs per side</li></ul>
	<p><b>10. SEATED DEEP HIP AND GLUTE STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Legs positioned as pictured.</li><li>✓ Start vertical, hips against wall, slowly lower</li><li>✓ Maintain contact with wall throughout</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>11. CROUCHING GROIN STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Body positioned, as pictured.</li><li>✓ Feet remain flat and toes turned out</li><li>✓ Sink hips as low as possible</li><li>✓ Torso upright, eyes forward</li><li>✓ Work for 30 to 45secs</li></ul>

**CASCADE SWIM CLUB**  
**Stretching and Flexibility Exercises**

	<p><b>12. QUAD AND HIP FLEXOR STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Leg flexed, as pictured.</li><li>✓ Lightly support hands against hips</li><li>✓ Torso upright throughout</li><li>✓ Slowly 'sink' on grounded leg</li><li>✓ Do not allow stretching leg to turn outward</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>13. HIP FLEXOR</b></p> <ul style="list-style-type: none"><li>✓ Positioned as pictured, heel to glute...</li><li>✓ Lean forward whilst hips pushed rearward</li><li>✓ Keep torso pointing forward, shoulders square</li><li>✓ Rhythmic rocking back and forth</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>14. DEEP QUAD, HIP FLEXOR AND HAMSTRING STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Positioned as pictured, torso tall...</li><li>✓ Hips pushed forward; rear leg extended...</li><li>✓ Lean back and forth in a rhythmic fashion</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>15. DYNAMIC IT BAND</b></p> <ul style="list-style-type: none"><li>✓ Positioned as shown, ankle crossed over knee</li><li>✓ Using ankle, draw opposite knee over midline</li><li>✓ Keep back and shoulders on ground</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>16. DYNAMIC GLUTE AND HAMSTRING STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Positioned as shown, ankle crossed over knee</li><li>✓ Draw knee in, causing stretch on opposite side</li><li>✓ Keep back and shoulders on ground</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>17. SUPPORTED LAT STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Body positioned, as pictured.</li><li>✓ Draw hips over heels</li><li>✓ Arms fully extended throughout</li><li>✓ Spine remains 'long', head &amp; neck neutral</li><li>✓ Work for 30 to 45secs</li></ul>
	<p><b>18. PEC STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Front leg flexed, as pictured.</li><li>✓ Lean into doorway, elbow level with shoulder</li><li>✓ Transfer weight forward, hip rotates back and forth</li><li>✓ Work for 30 to 45secs per side</li></ul>
	<p><b>19. GRIP RELEASE STRETCH</b></p> <ul style="list-style-type: none"><li>✓ Body positioned, as pictured.</li></ul>

**CASCADE SWIM CLUB**  
**Stretching and Flexibility Exercises**



- ✓ Fingers pointing rearward
- ✓ Transfer weight rearward, hands remain flat
- ✓ Work for 30 to 45secs



**20. FREESTYLE SQUAT**

- ✓ Body positioned, as pictured.
- ✓ Lift your knees off the ground, try to balance
- ✓ If you can't balance, support yourself with your arms behind you as shown
- ✓ Hold for 30 secs, work up to holding for 1:00

