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CL Stretch and Foam Roll + Bonus

Do you need to stretch? We say it depends. If you spend all day sitting at a computer then you can certainly benefit for certain attention to areas which typically get tight. A better time to stretch is after you've done some physical activity. So if you do some easy walking, running or cross training for 10 - 15 minutes and then follow this routine, you may see better benefits than just a quick poorly executed stretch before your run.

Gear needed:

Foam roller

Exercises:

Forward Leg Swings

Side Leg Swings

Calf Raises

Downward Dog

Sphinx Pose

Half Kneeling Hip Flexor Stretch

Foam Roller - IT Band

Pretzel Stretch

Happy Baby

Bonus: Toe Curls

Bonus: Toe Yoga

How Many Repetitions:

Up to 1 minute, each side

Up to 1 minute, each side

5 - 10 of each type

Up to 1 minute

Up to 1 minute

Up to 1 minute, each side

Up to 1 minute, each side

Up to 1 minute, each side

Hold up to 1 minute

5 - 10 repetitions

5 - 10 repetitions each

Purpose:

Sitting all day takes a toll on your body. Your calves, hamstring, hip flexors, low back and shoulders can all get very tight. With tightness, your running form can be restricted and eventually lead to injury. You don't need to do all of the stretches listed but we encourage you to do the ones that you find particularly challenging. And as always, if there is pain, modify or don't do it and figure out why there is pain.

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Leg Swings – Forward and Back

Equipment: None

Hold onto a stable object like a pole or a door jam.

Swing your leg forward and back.
Switch legs.

Start gently and increase range of motion as you loosen up.

Gently stretches hamstrings and hips.



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Side Leg Swings

Equipment: None

Hold onto a stable object like a pole or a door jam.

Swing your leg from side to side in front of your body. Start easily and increase range of motion as you loosen up.

Switch legs.

Gently stretches adductors and abductors.



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Calf Raises

Equipment: None

Stand with your feet hip width apart. Slowly raise your heels until you are on your tip toes and then slowly lower back down. Do this 5 times with your toes straight ahead. Do this 5 times with your toes pointed out and 5 times with your toes pointed in.

This strengthens and stretches your calves.



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Downward Dog

Equipment: Mat

From all fours, raise your hips and press back creating length in your spine and legs. Your heels may or may not touch the ground depending on flexibility. Maintain a slight bend in your knees. Keep your head and neck relaxed.

This is your stretch. Try emphasizing different areas with a slight shift to your hands or feet or hips.

This will stretch your hamstrings, calves, shoulders, and chest.



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Sphinx Pose

Equipment: Mat

Lie on your front with the tops of feet pressing to the floor. Place your elbows under your shoulders and prop yourself up on your forearms. Pull your chest towards your hands and draw your shoulders down and away from your head. Press your pelvis into the floor. Try to lengthen your body while breathing deeply.

This will stretch your chest, core, shoulders and back.



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Half Kneeling Hip Flexor Stretch

Equipment: None

Kneel on your right knee and have your left leg out at 90 degrees. Your ankle should be directly under your knee. Tuck your pelvis slightly under and contract your glutes and you should feel a slight stretch in your right front hip flexor.

For more of a stretch, raise your right arm above your head. Or you may lean forward onto your front leg making sure that your ankle stays under your knee. Switch sides.

This exercise stretches your hip flexors.



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Foam Roll – IT Band

Equipment: Foam Roller

Lie on your left side with the left thigh on the foam roller and right forearm or hand propping up your torso. Roll the side of your thigh between the hip and just above the knee (do not roll onto the knee). If this is too sensitive, plant your right foot on the ground to help take some of the pressure off. Try leaning slightly forward to get a particular troublesome spot between your IT band and quad. Switch legs.

This is a very effective fascia release of the IT Band.



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Pretzel Stretch

Equipment: None

Lie on back and bend one leg. Bring one the ankle up of your other leg and place on the knee of the bent leg.

Keep your foot flexed. Gently bring bent leg towards your chest. Hold where you can comfortably get a stretch on your glute.

Switch legs.

Gently stretches low back and glutes



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Happy Baby

Equipment: Mat

Lie on your back, raise your feet and hands so the outside of your feet are resting in your hands. If you cannot reach the outside of your feet, grab your ankles so that your shoulders, neck and head all remain on the ground. Your feet should be flat as if you could stand on the ceiling, your knees should be up towards your armpits and your legs should be wide apart .

This will stretch hips, adductors and back.



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Toe Curls

Equipment: None

Place your bare feet on the floor while you are sitting. Pretend to drag the floor towards your heel by curling your toes under.

This will stretch and strengthen your feet.



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Toe Yoga

Equipment: None

Place your bare feet on the floor while you are sitting. Press your big toe to the ground and without collapsing your arch, raise your other toes off the ground. Make sure your other toes are straight when you lift them. If you curl your little toes, try again while holding your big toe down with your finger. You want your little toes straight.

Next, do the opposite. While keep your little toes still, lift your big toes. Your big toe should be straight

This will stretch and strengthen your feet.



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