

NECK STRETCH

10

Sit with chest tall.
Gently move ear
to shoulder.

1

COMPOUND STRETCH

Hands on wall at hip height. Walk feet
back to under hips. Tilt pelvis forward,
knees back, strong arms.

2

HIP FLEXOR STRETCH

Tuck tail bone under.
Press hips forward.
Stretch fingertips to sky.

3

HAMSTRINGS STRETCH

Band around heels. Pull arms to
pivot from hips. Move body
forwards.

OR
Pivot pelvis
forward. Keep
chest high.
Relax foot.

8

SHORT QUADS STRETCH

Place big toes together.
Sit between heels. Sit tall.

7

GLUTES STRETCH

Place heel in front of groin.
Stretch leg back. Lower body
weight onto elbows.

CALF STRETCH

9

Place foot flat and close to bottom.
Press through knee, keep heel on ground

OR

Hold ankle with
opposite hand. Keep
knee in line with
shoulder. Move lower
leg towards chest.

AUSTRALIAN ROWING TEAM HAND BUILT & CRAFTED IN AUSTRALIA STRETCH ESSENTIALS

AFTER EXERCISE

ESPECIALLY AFTER
ROW or ERG

HOLD

HOLD 30 SECONDS MINIMUM
HOLD 2 MINUTES MAXIMUM
EACH SIDE

STRETCH

WHEN BODY IS WARM

LOWER BACK STRETCH

6

Lie on belly with hands in push up position.
Gently raise body from ground, relax.
Stop if lower back discomfort occurs.

5

UPPER BACK MOBILITY

Move hand along arm, across chest and reach back.
Look to hand - hold 2 sec. Repeat x 5, then hold stretch.

COMPOUND STRETCH

4

Band around heel. Reach up over head,
thread opposite arm through.

