

WOLVES MARTIAL ARTS

STRETCHING PROGRAM

BEFORE STRETCHING, A 10 MINUTE WARM UP IS REQUIRED.

STRETCHING SHOULD TAKE NO LESS THAN 10 MINUTES.

BELOW IS A LIST OF STRETCH EXERCISES TO UNDERTAKE BEFORE TRAINING COMMENCES:

- **NECK STRETCHES – STATIC**
- **ARM ROTATIONS**
- **WAKE UP STRETCHES – REACHING TOWARDS THE ROOF**
- **HIP ROTATIONS**
- **STANDING HAMSTRING**
- **STANDING CALF**
- **ACHILLES – STARTERS POSITION**
- **GLUT'S ON BACK, ON FLOOR**
- **ROTATION OF SPINE ON THE FLOOR**
- **HAMSTRINGS ON THE FLOOR**
- **CHINESE SPLITS**
- **FRONT SPLITS**