

Purestretch Mix n Match 5

1.



2.



3.



4.



5.



Purestretch Mix n Match 5

- **Sequence 1.** A hug of the knee (glute stretch) and lengthen the other leg forward and after 8reps then lengthen the leg to the sky 8 reps (hamstring stretch). Add core by lowering hug knee leg to the floor then add a spinal twist. Take yourself back to centre and then mobilize the hip, add glute medius and piriformis stretch, then hug knee in for glute max stretch. **Repeat o/s.** Take knees and feet wide and drop to side, then thrust inside hip forward and squeeze glute to lengthen into the thigh and hip, do this on both sides.
- **Sequence 2.** A few bridges and then stay in bridge to work on glutes, play with this keeping the hips lifted and play with the feet. Pulse in bridge, wide and narrow (thighs and knees together) **Repeat lots**
- **Sequence 3.** Mobilise the wrist, Mobilise the shoulder, add 'reach and tap' sequence and play with the angle of your long arm, (across the face then across the ear,) add the weight of other arm to strengthen lower back by lifting and lowering the arms. Cross legs for the pixie, and rock. **Repeat o/s**
- **Sequence 4** Add core challenge ..Can the elbows touch the floor? .. Cue this well! Stretch the back with the child pose, play with the cat n cow, then hover knees on all fours for a core connection and option to bring knee forward. .. mind the wrists! Back into child pose and lengthen into the arms even more. Go into half plank, hip drop, half plank then lower the body to the floor and work on the 'back strengthening' sequence. Option to go to full plank and play. Chill In child pose
- **Sequence 5.** Swoop .. Adductor stretch .. and finished ..well done!