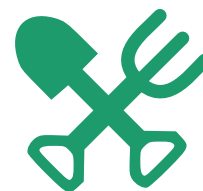


Garden Club

Sports Related Warm up and Stretching Activities Prior and After the Event



Light Calf Stretch Prior to Gardening

Start with right foot approximately 18" from wall or fence with toes pointing directly forward, bring the left foot forward and lean into the wall. Keep the right knee straight and hold the stretch for 30 seconds. Repeat with the left leg. Purpose – Calf muscle and Achilles stretch.

After Gardening:

Perform the Calf Stretch for 30 Seconds once more. This time, you can stretch a little deeper now that you are warmed up.



Toe Touches 10x

Start with feet shoulder width apart, hands on your hips, reach down towards the toes. If you can reach, touch the floor in between your feet by the toes, then touch 1" behind, and again 1" behind that for a count of 3. (1,2,3-1. 1,2,3 -2. 1,2,3-3 etc...) Then, back to the starting position. Repeat this count 10 times Purpose – stretch the hamstring muscles.



Quad Stretches – 30 seconds

Hold on to a stationary object like the wall or a fence to maintain balance. Take hold of your right foot and slowly pull your foot towards the buttocks, keep your knee down by your opposite leg, not out to the side. Repeat with the other side. Purpose – Stretch the quadriceps muscles primarily and the anterior shin muscles secondarily.