



10 STRETCHES FOR SLALOM/SHORT BOAT



- Sit on floor
- 1 leg extended to front, opposite leg bent at knee with foot flat on the ground
- place opposite elbow on the outside of bent knee
- support body weight with other arm
- look over back shoulder

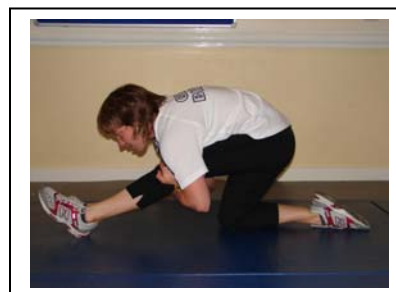
- Sit on floor
- 1 leg extended to front, opposite leg bent at knee
- lift bent leg towards chest
- reach under bent knee with opposite hand
- lower bent knee towards the floor
- reach up & over towards foot with opposite arm



- Kneel in lunge position
- Place chest on thigh of front leg
- Reach behind and grasp ankle with same hand
- Pull ankle towards buttock
- Lift chest until body is in upright position

Kneel in lunge position

- Place chest on front thigh, and hug thigh
- Sit back onto heel allowing toes of front foot to come off ground
- Increase stretch by moving front heel forward





- Sit upright on floor
- One leg straight, other leg bent
- Place bent leg over straight leg
- Pull bent leg towards chest with both hands
- Maintain upright posture

- Kneel in lunge position with an upright posture
- Contract abs and tilt pelvis backwards (under)
- Stretch hand of back leg overhead
- Side bend towards opposite side
- Keep hips facing forward



- Kneel with towel rolled up under ankles
- Soles of feet facing roof
- Sit back on heels
- Lean backwards, supporting body weight with hands
- Push hips forward to increase the stretch

- Make a fist and place it on your hip
- Use opposite hand to pull elbow forward
- Keep chest up and back straight
- Knuckles remain on hips



BRITISH CANOE UNION



- Stand or kneel
- Grasp wrist behind back
- Pull hand down and across back
- Bend head to opposite shoulder
- Ear towards shoulder

- Sit or stand
- Cross arms, palms facing each other with fingers interlocked
- Reach hands overhead
- Take arms back past ears
- Maintain upright posture

