

World Cup Warm Down

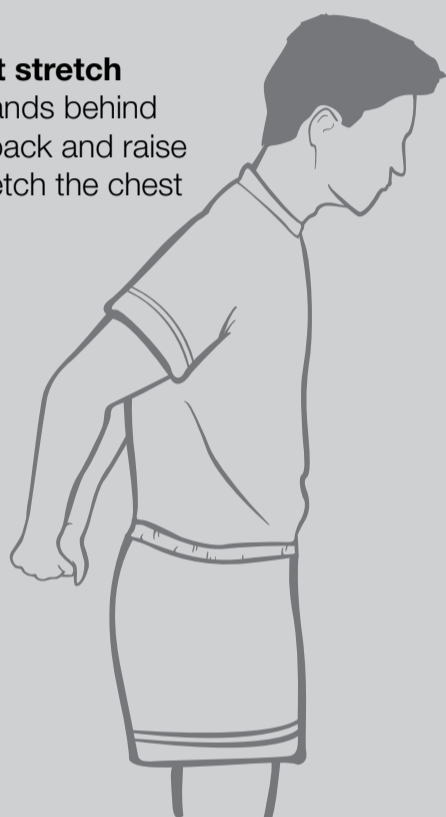
Maximise your time in the shower with our sports stretches - selected to help relax and balance muscle tension, before towelling off and turning in to watch the big game. Each static stretch should be held for a minimum of 15 - 20 seconds before moving onto the next.



1.

Chest stretch

link hands behind your back and raise to stretch the chest



2.

Lower back

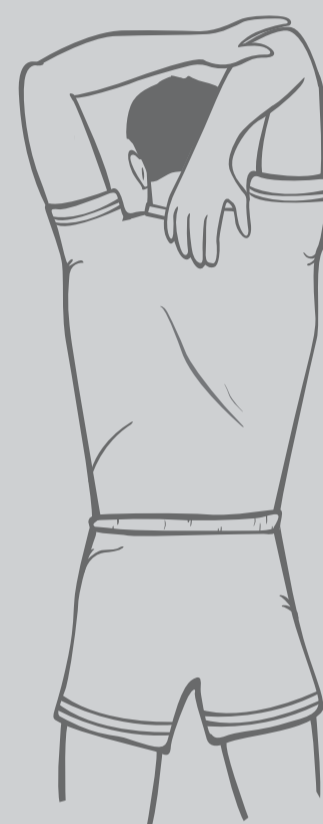
Bring one knee up to chest, hold for five seconds. Repeat 5 times on each side.



3.

Back of upper arms

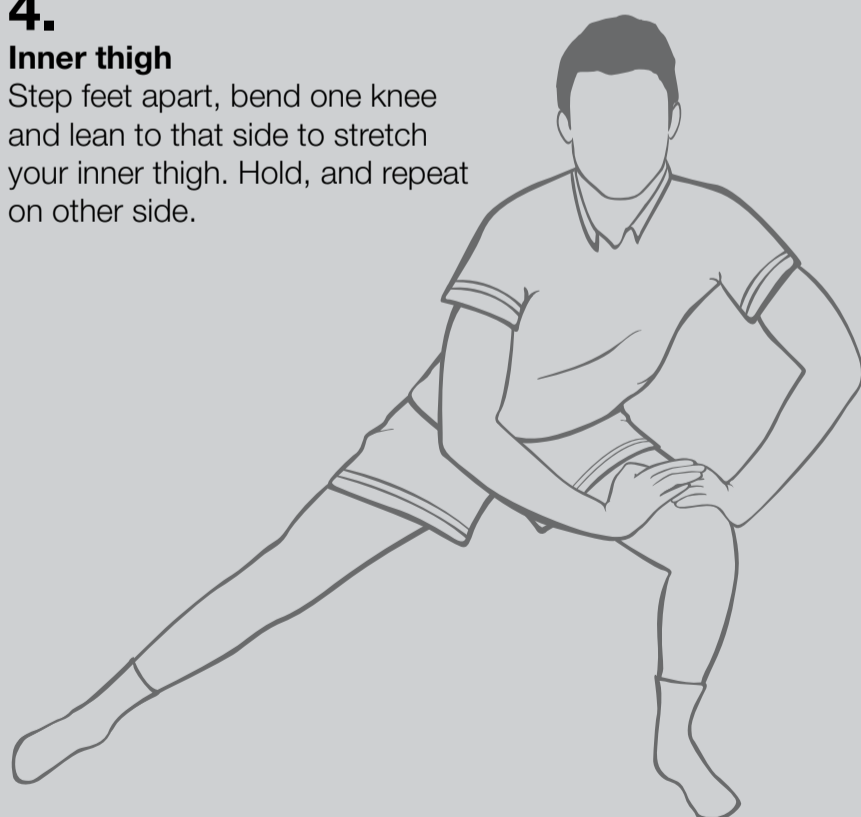
place one hand on your upper back, angling your elbow upwards, place other hand on elbow and push down gently. Repeat on other side



4.

Inner thigh

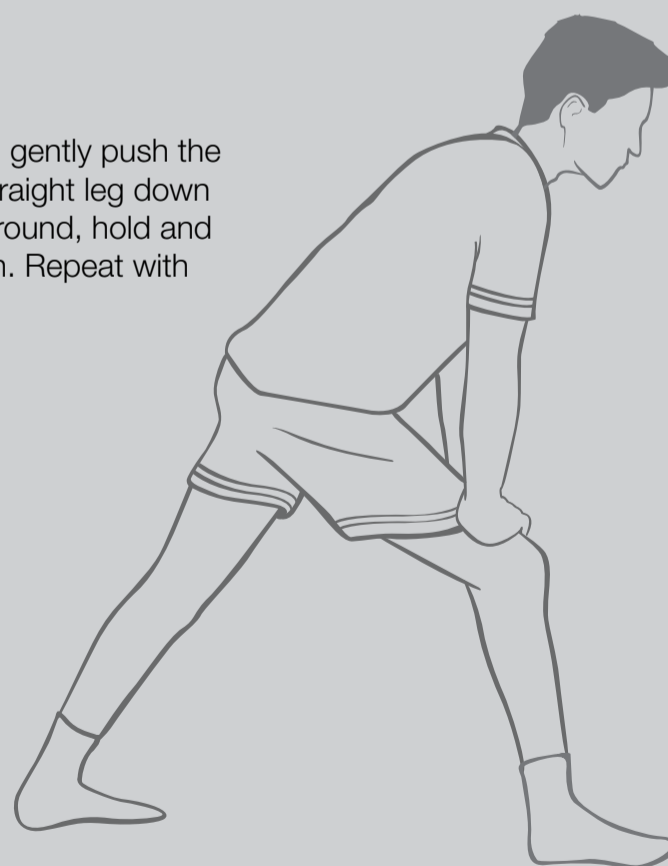
Step feet apart, bend one knee and lean to that side to stretch your inner thigh. Hold, and repeat on other side.



5.

Calf stretch

lunge forward, gently push the heel of your straight leg down towards the ground, hold and feel the stretch. Repeat with other leg.



All stretches have been developed in consultation with the Head of Physiotherapy at Cheltenham Town FC. Neither, Mira Showers or CTFC accepts responsibility for injuries sustained whilst stretching in the shower. Should injuries occur then please consult a medical expert immediately.

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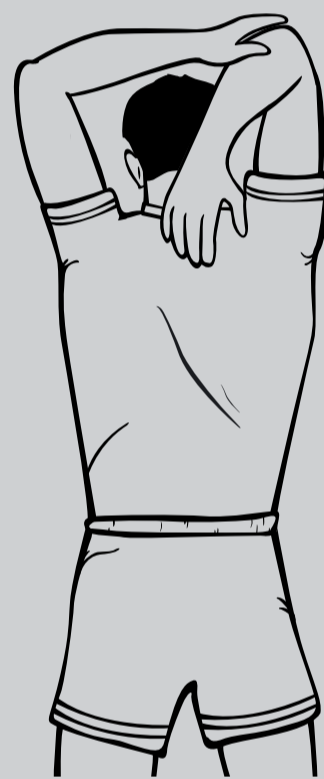
2. Lower back

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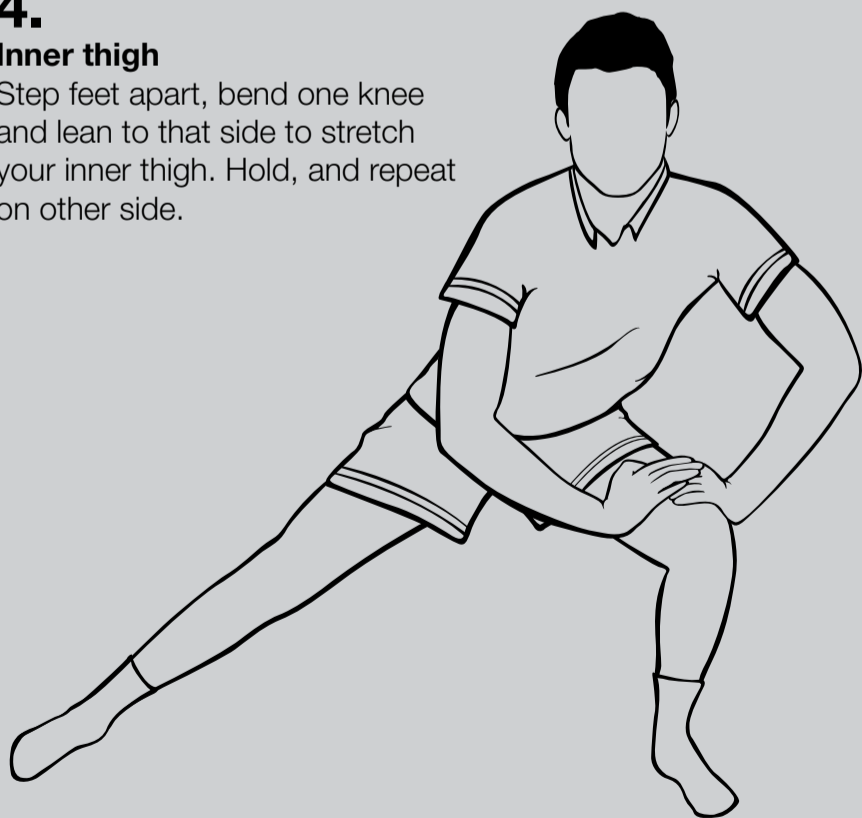
3. Back of upper arms

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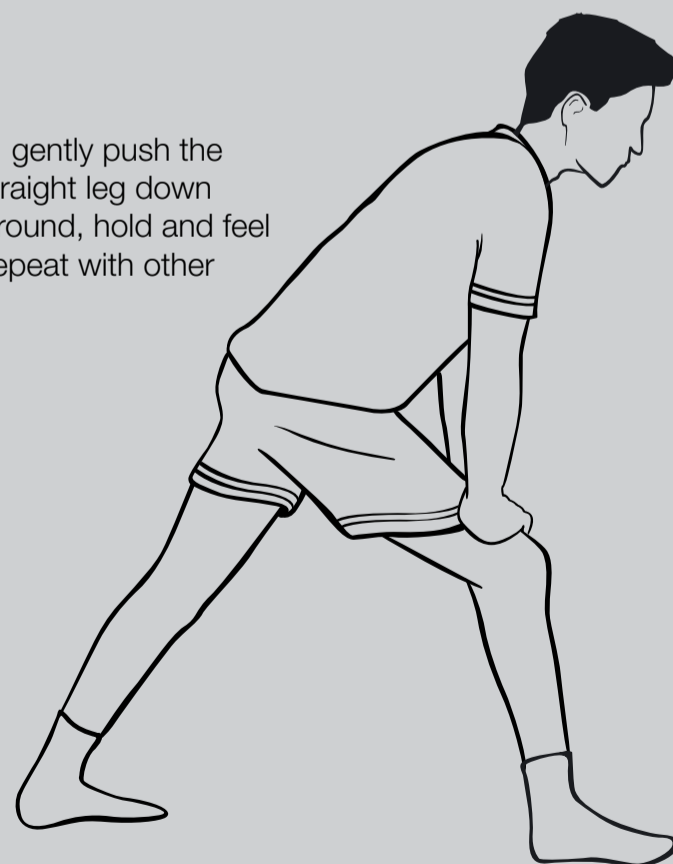
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