



Stretch and recovery

Proper recovery is just as important to your game as training sessions. If you don't unwind physically and mentally, it gets much harder to keep backing up and playing your best. Proper cooldowns and stretching can help to prevent soft tissue injuries by keeping your joints healthy and mobile. When your muscles and joints become too stiff it impacts movement and increases risk of injury. These stretches are for *after* training, recovery days or before bed. Do them with diaphragmatic breathing to help you relax even more.

Static stretches (minimum of 90-second holds - aim for three minutes)

HALF PIGEON: (FRONT EXTERNAL ROTATORS, FRONT HAMSTRING, BACK HIP FLEXOR)

Make sure your front knee is totally bent, then rotate your leg out so you don't end up lying on your thigh. Put cushions, books or a few towels underneath your butt if it's tight and a long way off the ground. Chest can stay lifted like in first photo, or if you're leaning forward, avoid rounding your back too much by stacking your fists and propping yourself up higher. If your knees don't like this, lay on your back and do thread the needle instead.



LIZARD LUNGE: (FRONT HAMMIE AND HIP, BACK HIP FLEXOR AND QUAD)

Slide your back knee as far back as you can comfortably and put a towel underneath it for support if you need. Keep your chest lifted so you can breathe properly - prop your hands on a book if you need more height. For more stretch in the front hip, roll over to the outside edge of your front foot. For more stretch on the back leg lift your knee up. Make sure your back glute is activated.



LEGS UP THE WALL: (HAMMIES AND ADDUCTORS)

The first option is more restorative - a little easier. The second will get your hammies and adductors more. It's a great one to rest your hands on your stomach and focus on breathing.



Static stretches (minimum of 90-second holds - aim for three minutes)

HALF-KNEELING QUAD STRETCH: (BACK QUAD)

Stick a pillow underneath your knee. The key here is to tuck your tailbone under (spin your butt towards the floor) to get the most stretch.



SUPINE TWIST: (TOP GLUTE, BOTTOM QUAD, CHEST, THORACIC)

Use a pillow/book to support top knee if you need. You don't have to use the belt. Hold your foot if you can reach, or just keep the bottom leg straight.



CHILD'S POSE: (GLUTES, THORACIC)

Stick a pillow underneath your butt and head if you need. Knees are wide for more hip stretch. Good for deep breathing. Try to relax into it more on the exhale.



SPHINX: (THORACIC, CHEST)

Keep a little activation in your glutes to protect the lower back. You can also rest a pillow underneath your pelvis for more support.



SUPINE HAMSTRING STRETCH: (HAMMIE)

Keep your head on the ground and shoulders relaxed. Take deep breaths and pull toes back towards the face if you want more calf stretch.



BUTTERFLY: (HIPS)

You can also rest a pillow underneath each knee for more support. Feet further away = less hip stretch; closer = more hip stretch.





Mobility drills

These mobility drills are great to do before training, because they'll mobilise your joints and get you moving more fluidly in your session. Click the photo and you'll be taken to YouTube for a demonstration by my fiancé, who plays heaps of sport and was the *tightest* person I'd ever come across when we met – he was basically Tin Man. He is proof that this and the recovery stretches actually work! You just gotta do them.

Mobility (aim for 10 reps of each, 2 sets if you have time). [Click the pictures for video demo](#)

LUNGE WITH THORACIC ROTATION: (MOBILISES THORACIC, STRETCHES HIPS)

Keep your chest lifted by propping your bottom hand on a book or block. Make sure the rotation only comes from your upper back and not the lower back.



CRAB STRETCH: (SHOULDERS, PECS, SERRATUS ANTERIOR)

You can also do this as a static stretch and hold with your elbows bent. It can be pretty intense though, so start with repetitions to give yourself a break.



BRIDGE WITH OVERHEAD REACH: (MOBILISES THE SPINE, STRETCHES THE LATS)

The goal here is to segment the spine. Try to move it one vertebrae at a time. This is hard, so go slowly.



ARM WINDMILLS: (SHOULDERS, PECS, LATS)

Keep your lower-body locked in and make sure the movement is only coming from your shoulder.



For more workouts follow Cassie on Instagram: [@cassiewhite.fit](https://www.instagram.com/cassiewhite.fit)