



# GATEWAY

## AMATEUR BOXING CLUB

13a Lampits Hill (rear of), Corringham, Essex SS17 9AA  
[www.gatewayabc.co.uk](http://www.gatewayabc.co.uk)



### Daily Stretches

*In order to gain the most from your stretches always fully warm up first.*

*If you have any particular injuries ensure you don't push yourself too far and aggravate the injury.*

*Hold any static stretches for at least 10 seconds.*

*Always wrap back up (with a coat or jacket) after completing the stretches to ensure no soreness or muscle spasms occur afterwards).*

- Half circles of the head from right shoulder to left shoulder
- Half circles of the head from left shoulder to right shoulder
- Right ear to right shoulder resting right hand on the head and stretching left arm down away from the body
- Left ear to left shoulder resting left hand on the head and stretching right arm down away from the body
- Drop head slightly down, chin resting on chest, resting both hands lightly on top of head
- Lift head up slightly with no pressure or extreme over stretching
- Cross right arm across the body hooking left arm round, bending at the elbow to hold right arm in a stretch. Attempt to aim right shoulder towards to floor for a further stretch
- Cross left arm across the body hooking right arm round, bending at the elbow to hold left arm in a stretch. Attempt to aim left shoulder towards to floor for a further stretch
- Bend right arm behind the head holding in place with left hand
- Bend left arm behind the head holding in place with right hand
- Roll backwards from the shoulders x4
- Roll forwards from the shoulders x4
- Use controlled swings and straight arms to circle the arms backs x4
- Use controlled swings and straight arms to circle the arms forward x4
- Use controlled swings and straight arms to circle arms in opposite directions x2 in each direction
- With feet slightly apart, lean torso to the right with left arm stretched towards right side
- Tilt the pelvis to form a flat back stretching towards the right
- Drop the torso to reach for the right foot
- Repeat to the left
- Drop the torso to place hands towards the floor in the centre of the feet. For a further stretch hold your ankles
- Step right foot forward with bent right leg, both feet facing parallel forward
- Put weight forward to hold left leg behind the body
- Repeat the prior two exercises on the other side
- On the floor, stretch legs forward. Breathe in and stretch upwards, as you release the breath reach for your chest towards your legs. With each releasing breath extend further for your hands to reach your toes. Finally, relax the top of the spine to tilt the head towards the legs
- Repeat the last stretch with legs wide. For a further stretch you can also adapt the stretch to reach over to each leg
- In a crouched position, three controlled bounces then extend the legs to straighten and keep the torso tilted in an attempt to touch your toes. Repeat three more times.