

General Movement

Level 1



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Complete 1-2 Rounds of

1. Seated Ankle Rolls E/S
2. Seated Knee Raise E/L
3. Hip Flexor Stretch E/S
4. Hamstring Stretch
5. Quad Stretch
6. Pec Stretch E/S

[Click here: Level 1 movement video demo](#)

The instructions below can be used to further guide you.

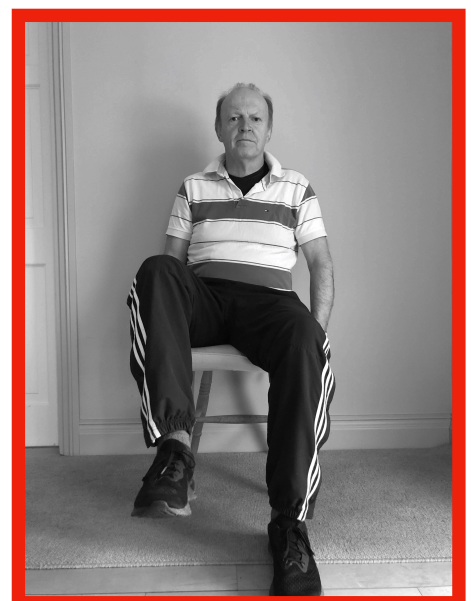
1. Ankle Rolls (5-10 E/S)

- Sit on a chair
- Raise foot off floor
- 'Roll' ankle 5-10 times in each direction
- Lower leg slowly
- Switch legs & repeat



2. Seated Knee Raise (6-10 E/S)

- Sit tall on chair with feet flat on floor
- Raise 1 foot off the floor attempting staying tall, pause for 2 secs
- Return foot to floor, repeat until you complete 6-10 repetitions
- Repeat on other leg



3. Hip Flexor Stretch (20-30sec E/S)

- Using chair as a balance, gently assume position shown
- Slightly engage the glute on the side of which your knee is on ground
- Prevent over extending from back by ensuring pelvis is 'tucked under'
- Hold for 20-30seconds



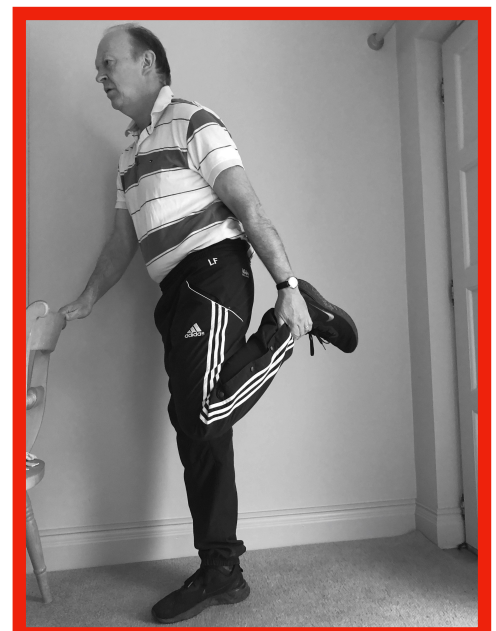
4. Hamstring Stretch (20-30sec)

- Sit on chair or on firm surface
- Straighten your legs
- Reach down towards feet
- Hold a comfortable stretch for 20-30 seconds



5. Quad Stretch (20-30sec E/S)

- Use the back of a chair as balance
- Raise your heel to your glute on the same side
- Hold for 20-30 seconds
- Repeat on opposite side



6. Pec Stretch (20-30sec E/S)

- Place hand on the back of head
- Ensure shoulder blade is 'packed down'
- Gently apply stretch against door way
- Elbow remains above shoulder height
- Hold for 20-30 seconds
- Repeat on opposite side

