

# BODYSYSTEM®

PHYSIO  
THERAPY  
EXERCISE  
PHYSIOLOGY  
REHAB

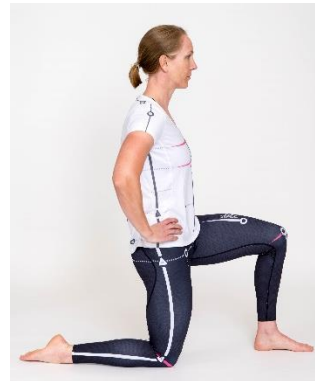
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Rehab Studio 129 Argyle Street  
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Hamstring stretch x1 per day  
1-2 min Left + Right



Glute stretch x1 per day  
1-2 min Left + Right



Hip flexor stretch x1 per day  
1-2 min Left + Right



Short calf muscle stretch x1 per day  
1-2 min Left + Right



Short range crunches (shoulders off ball)  
2x20 > 3x30 > 4x40 x3 per week

Glut and hip flexor stretch best done after rowing / erg when body is warm

Short calf and hamstring stretch only need to be done if they are tight

Crunches should not be done immediately before or after rowing or erg to avoid fatigue

