PDAE Video Clip 3

Now, we will have some stretching movements first
The first movement is Calf Stretching
Try to step right leg forwards
and step left leg backwards
Bend the front knee slightly
until you feel tension in the rear calf
This will stretch your leg muscles
Keep your back straight
and buttocks down
The front knee should not go beyond the toes
Most important of all
keep the heel of the rear leg on the ground
and keep the toes of both feet pointing forwards
Hold 5-10 seconds
then return to the starting position
Next, step your left leg forwards
and step right leg backwards
If there's no tension in the calf
the right leg can go back further
until you feel tension
Again, hold 5-10 seconds
The second movement is Back Thigh Stretching
This movement stretches the rear thigh muscles
Hold on to the edge of the pool
and press your foot against the pool wall
Begin by slightly bending your knee
keeping your back straight
Straighten your knee slowly as far as you can
It doesn't matter if you can't make it completely straight
It's fine as long as you feel tension at the rear thigh

Let's hold 5-10 seconds
You can lift up your leg a bit further
if you can't feel any tension
Now try the left side
Press your left foot against the wall
and slowly straighten the knee
The third movement is Hip Side Stretching
Stand with your legs wide apart in parallel
Put your weight on the right leg
Slowly bend the right knee
until you feel tension on the inner side of your thigh
If you can't feel tension
open up your legs wider
Let's stand up slowly
then try to bend the left knee
Don't let the knee go beyond the toes
At this time
You'd feel tension on the inner side of your thigh
Hold 5-10 seconds
The fourth movement is Thigh Stretching
This movement stretches thigh muscles
Firstly, grab your left foot with your right hand
Don't just bend your knee
but also pull your thigh backwards until you feel tension
Hold 5-10 seconds
Let's try the right leg
Grab the right foot with the left hand
Pull the foot backwards
then hold 5-10 seconds
If your hand can't reach the foot
use the left hand to grab the left foot
and remember not to just bend your knee
Pull backwards until you feel tension

on the front of the thigh

keep your thighs close together

Try the right side now

Grab the right foot with the right hand

Pull the knee backwards

If you can't reach the foot with your hand

encircle your ankle with a towel

and pull the towel instead