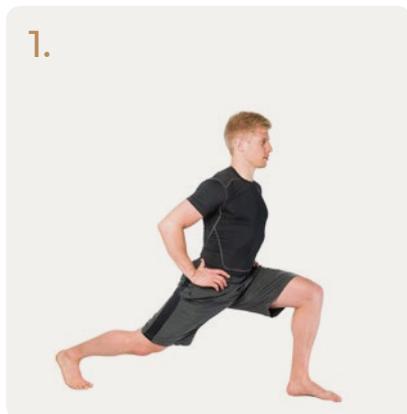


Travel Workout

Hintra



Hip Flexor Stretch

20–40 s / side

Step forward into a lunge position. You should feel a stretch across the front of your hip. If not, try to tuck your tummy in—imagine doing an abdominal crunch, which tips the top of your pelvis backwards, and lunge further forward. Make sure your front knee does not move further forward than your big toe.



Ballerina Stretch

20–40 s / side

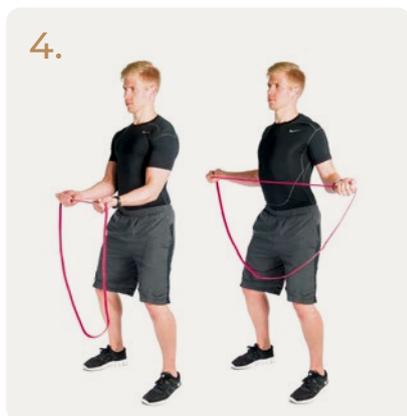
Step one leg behind the other, reach one arm high and lean to feel the stretch through your side, in your leg, gluteal muscles and below your armpit. Focus on feeling the stretch throughout your whole side.



Pectoral Stretch

20–40 s

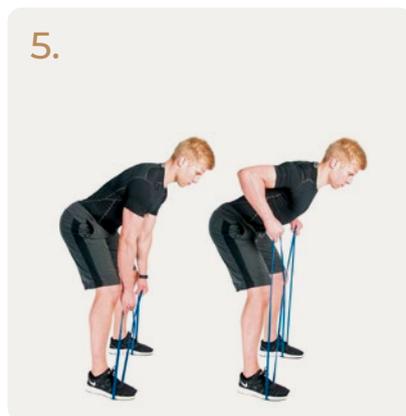
Grab the rubber band from the ends and hold it horizontally in front of you, thumbs facing inwards. In a controlled motion, bring the band over your head until it is stretched out behind you, with arms straight, at ear level. Let the band stretch your chest muscles. You should feel a stretch, but without pain.



Shoulder Blade Squeeze

Repeat 8–12 times

Grab the rubber band with both hands, thumbs facing outwards. While keeping your elbows close to your sides, move your hands out to the sides and stretch the band whilst squeezing your shoulder blades together. Relax and return to the starting position.



Bent Over Row

Repeat 8–12 times

Twist the rubber band into a figure 8, to create two loops. Step onto the band with one foot in each loop. Bend your knees and bend forward from your hips. Keep your spine long by looking forward. Grab the band and pull your elbows back, squeezing your shoulder blades together.



Squat Shoulder Press

Repeat 8–12 times / side

Place one end of the rubber band under one foot and hold the other end. Squat down, come back up and extend your arm over your head, stretching the band. Return to the starting position, while controlling the movement around the trunk of your body.