

# KCR stretches

## Calf stretches

Stand on the lowest step of a stair, engage your core, take support if needed

- Put one foot backwards halfway the step, so you are still supporting on the front part of your foot. Lower the back part of your foot (heel) until you feel a gentle stretch in your calf. Stay in this position for 1,5 min (90 sec). No bouncing. Then do the same for the other leg.

## Wrist stretches

Stand straight

- Put the palms of your hands together in front of your chest, fingers pointing upwards. Lower your hands until you feel a gentle stretch in your forearms. Make sure the palms of your hands don't lose contact and your shoulders stay low. Stay in this position for 0,5 min (30 sec). No bouncing.
- Put the backs of your hands together in front of your chest, fingers pointing downwards. Raise your hands until you feel a gentle stretch in your forearms. Make sure the backs of your hands don't lose contact and your shoulders stay low. Stay in this position for 0,5 min (30 sec). No bouncing.

## Chin tuck

Sit or stand straight

- Tuck in your chin (this should give the feel of stretch at the back of your neck) and release. Do this as often as you can.

## Any enquiries?

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