

# MOSTRETCH



Did you know that regular stretching is just as important as regular exercise?

**1. Helps improve flexibility, range of motion and coordination**

Stretching assists in correct posture by lengthening tight and tired muscles that pull areas of the body out of alignment.

**2. Reduces soreness**

Increases blood and nutrient supply to muscles, reducing muscle soreness especially after travelling and exercise.

**3. Calms the mind and energises the body**

A ten minute stretching routine can have great health benefits by providing a mental break and physically releasing tension.

**4. Reduces the risk of injuries**

Especially for those who are more active.

**5. Aids Sleep**

Because of all of the health benefits mentioned above, stretching helps you sleep better.

**Hold each stretch for at least 30 seconds.**

Below are Mandarin Oriental's suggestions for a stretching routine to improve wellness and balance in your life:

**Balance**

In this position make sure to relax and breathe deeply for two minutes.



**Lower Back, Hamstring and Glutes Stretch**

One leg at a 45 degree angle, grab the opposite leg around the knee and pull towards you. Stretch both legs.



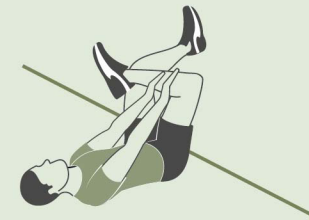
**Lower Back, Hamstring Stretch**

Hug the knees to the chest. This exercise helps relieve tension from the lower back. Optional: rock forwards and backwards or side to side.



**Hip and Glute Stretch**

Push the knee towards the wall. This stretch helps to relieve tension in the lower back and in the hip flexors whilst opening the hips.



### Advanced Glute and Lower Back Stretch

Interlock your fingers around the left knee and pull towards you. Hold, release and then swap legs.



### Gluteal and Lumbar Rotation

Stretches and oxygenates the spine, stretches the lower back and the glutes.



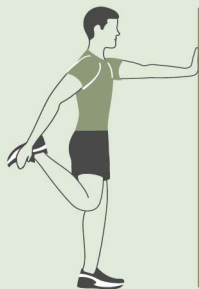
### Hip Flexor Stretch

Gently push the rear hip forward. Stretches the hip flexor and the lower abdominals, and depending on the degree of stretch also the quadriceps.



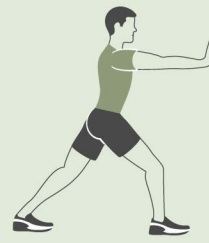
### Quadriceps Stretch

Gently move the foot towards the buttocks. Stretches the quadriceps (thigh muscles).



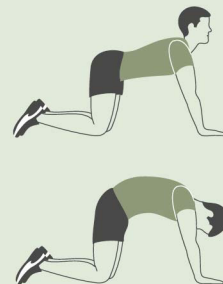
### Calf and Soleus Stretch

Pushing against the wall stretch your calf with a straight leg and then bend your knee to stretch your soleus which is the muscle that the achilles attaches into.



### Cat Stretch

Round the back like an angry cat. Helps increase flexibility in the lower back and core muscles.



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Mandarin Oriental is proud to work with renowned strength and conditioning coach Ruben Tabares at Mandarin Oriental Hyde Park, London.

For more information, visit <http://rubentabares.com>.

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