

Door Stretch Band Tips

Here are a few stretches you can do with your door stretch band. If you don't have one of these, you can purchase them on ebay/amazon and other websites and they are quite cheap. Just search for 'Door Stretch Band' and they will appear.

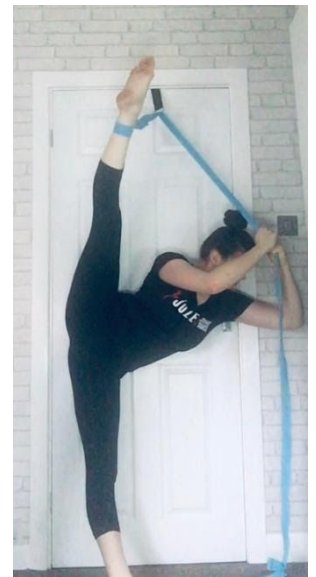
Make sure you do a warm up before using the band. A few stretches on the floor, lunges etc, so you don't injure yourself or pull a muscle.



The first stretch you can do is with your leg coming up to the side of your body. You need to stand directly underneath the band at the top of the door for this so that your leg can go up to a straight line. Do not stand at the side of the door as your leg will not go straight up. This stretch is great for turn out in the hips.

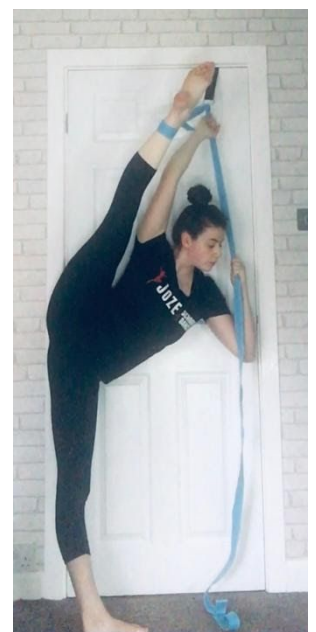
Gently pull on the band and hold it for approx. 30 seconds wherever your limit is. Don't pull hard into the stretch. Then slowly lower your leg to the floor; you can slowly let go of the band and use the muscles in your leg to lower it. This is great for strengthening your legs!

You can also lean your body slightly over to try and get an extra stretch!



The next stretch you can do is to pull your leg directly in front of you. This is great if you have really open hips as it helps you build strength and flexibility which will stop you twisting in your front splits. Again, slowly lower your leg trying to squeeze your muscles as much as possible and control the leg coming down. You can also let go of the strap with one hand and hold your leg. This will help when you remove the strap as it will build strength in your arms to be able to hold your leg up. Eventually, let go of the strap with both hands!

If you have a nice straight line, you can try and tilt your leg over to an over split line. For this, you need to move the strap over the door more to the side, rather than the middle.



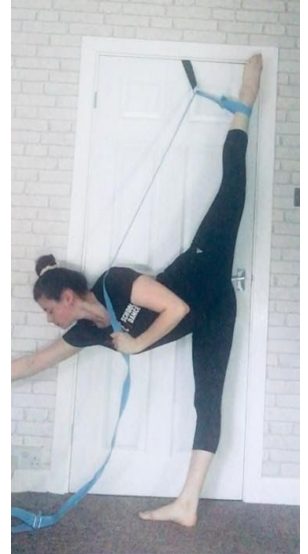
For example, if you're lifting your right leg, then the strap needs to be on the left of you.



The next door stretch you can do is a full split behind or a penché. For this, you need to stand directly underneath the strap at the top of the door so your legs are able to get in a straight line.

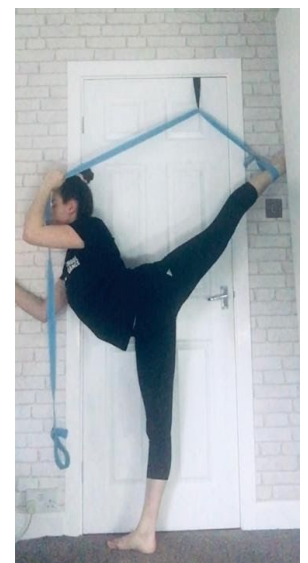
You can either put one hand on the floor to just stretch the legs or you can hold on to something in front of you and get a stretch in your back too.

You could also try not holding on to anything to really work your balance and core. Same as with the other stretches, always try to let go of the strap and slowly lower the leg yourself to build up your muscles and strength.



Another good one for the back is an arabesque. If you're doing an arabesque standing on your right leg, then it is easier to face the right side. Swap for the left.

Don't stand directly underneath the strap on the door. It needs to be quite far behind you so you can lift your leg higher. Try to keep your back as upright as possible. Hold onto something if you need to for balance. Keep both legs nice and straight.



**The same applies to any other time you stretch...
ALWAYS DO BOTH LEGS!!**