



Handcross Bowls Club

Well Being

Warm Up Exercises

Prior to the Start of a Match

Ensure that the cardio vascular system is working optimally, thus providing enough blood to the body, increasing oxygen flow.



Marching



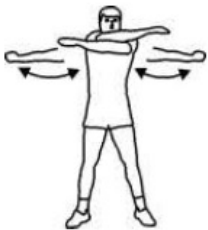
Calf Raise



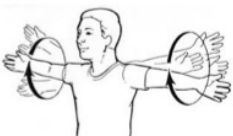
Lunges



Calf Stretches



Arm Swings



Arm Circles

Cool Down Exercises

At the End of a Match

To ensure that muscles break down any lactic acid, thus improving recovery time and help to prevent cramp.



Side to Side Neck Stretch



Overhead Shoulder Stretch



Posterior Shoulder Stretch



Side Stretch



Forward Lunge Stretch



Quadriceps Stretch



Wrist Flexion



Wrist Extension