



# Kevin McElligott Squash Coach

ESR Level 2  
www.ninelove.co.uk



Warming up and stretching before and after a squash lesson or game is essential to your overall wellbeing. It has been proved to reduce the risk of injury, improve performance and range of movement, increase muscle power and reduce post-exercise muscle soreness and fatigue.

## Pre-lesson warm up

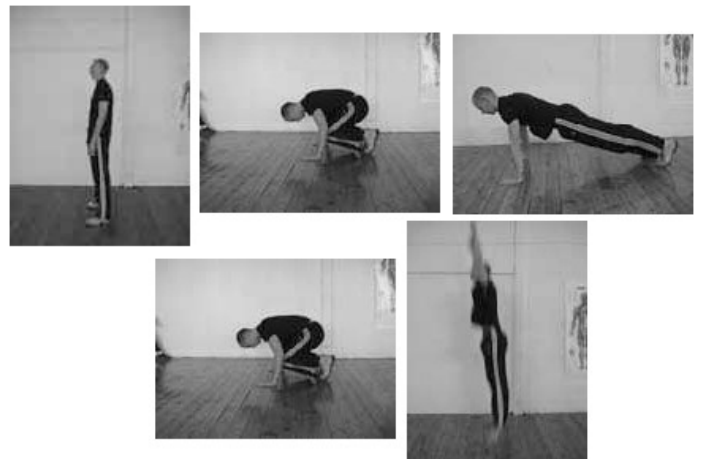
### Running On The Spot

Keep your abs tight as you drive your knees up to waist level. Do this for 5 seconds then run as fast as possible with small steps for 5 seconds - continue for 30 seconds.



### Squat-thrust and jump

Start standing upright with your feet shoulder width apart. Bend your knees and drop down, place your hands on the ground about shoulder width apart and jump your feet out together, making sure your abs are squeezed tight. Pull your knees back up to your chest and then jump straight up into the air. As you jump raise both arms up. Jump as high as you can. This is supposed to be performed in one smooth movement, so keeps those abs tight and breathe nice and deeply.



### Lunge

Push off the balls of the feet. Don't hold your breath. Do not overstretch. Your back knee should be about an inch off the ground. Push straight back up to standing position.





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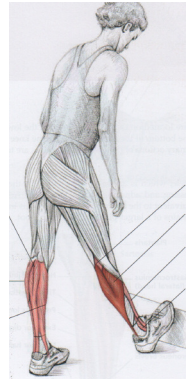


## Pre-lesson stretch

Each stretch should be held for 20-30 seconds. Stretch only until you feel the muscle tightening - do not overstretch or jerk as this may cause injury.

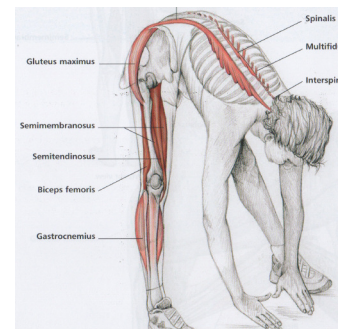
### Calf Stretch

Put your foot up against the wall and your hands on the wall. Push your hips forward to increase the stretch.



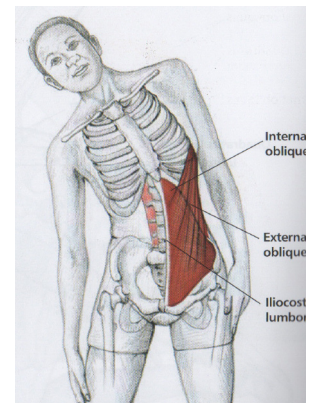
### Reach Down Hamstring Stretch

Stand with your feet apart. Slowly bend forwards and try to touch the ground.



### Standing Lateral Side Stretch

Standing upright, bend sideways and reach your arm down your leg. Do not bend forwards or backwards. Repeat on other side.



### Arm and Shoulder Stretch

Stand upright and place one arm across your body. Keep your arm parallel to the ground and pull your elbow towards your opposite shoulder. Repeat on other side.

