

STRETCHING GUIDE

Warm-up and recovery mobility for rodeo athletes



PRE-COMPETITION WARM-UP

1 SHOULDERS & UPPER BACK

Warm-Up



Arm circles



Band pull-aparts

Post-Competition



Cross-body
shoulder stretch



Child's pose
with reach

Simple mobility movements appropriate before competition.



POST-COMPETITION STRETCHING

2 HIPS & GROIN

Warm-Up



Leg swings



Lateral lunges

Post-Competition



Butterfly stretch



Half-kneeling
hip flexor stretch

Mobility for riding and dismounting.

3 HAMSTRINGS & LOWER BACK

Warm-Up



Toe walks
with reach



Dynamic hamstring
sweep

Post-Competition



Seated hamstring
stretch



Supine knee-to-chest
stretch

Controlled movements to prepare the posterior chain.

4 CALVES & ANKLES

Warm-Up



Ankle circles



Heel raises

Post-Competition



Wall calf stretch



Kneeling ankle
dorsiflexion stretch

Helpful after long periods in boots.



TIP: Warm-up movements should be dynamic and controlled.
Post-competition stretching should be gentler and focused on restoring mobility.



For general educational purposes only. Stop if movement causes pain and seek care from a licensed provider when needed.