

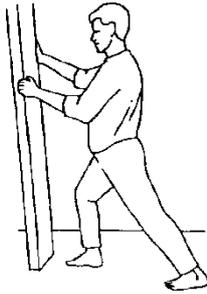


## STRETCHES



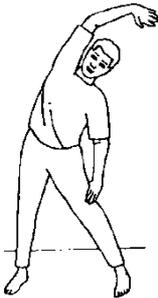
### WHOLE BODY STRETCH

Stand with your back against a wall, and your hips against the wall.  
Raise both arms up so that the backs of the hands are moving towards the wall.  
Make sure your back doesn't arch away from the wall.  
Feel the stretch under your arms, ribs and abdomen.  
Hold for 5 seconds Repeat the stretch.



### CALF STRETCH

Stand facing the wall with both hands on the wall, and one foot stepped forward in front of the other, both feet pointing forward.  
Bend the front knee, taking the hips forward slightly, keep both heels on the floor and feel the stretch in the back of the calf of the back leg.  
Hold for 5 seconds.  
Repeat with the other leg.  
Stretch each leg twice.



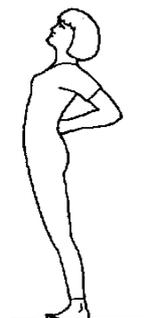
### SIDE STRETCH

Stand with your feet hip width apart. Stretch one arm above your head, lifting the hand towards the ceiling.  
Slide the opposite hand down the side of your leg towards the knee.  
Feel the stretch under the raised arm, legs and waist.  
Hold for 5 seconds.  
Repeat with the other side.  
Stretch in each direction twice.



### ROTATION STRETCH

Stand with your feet hip width apart, bend your knees slightly.  
Raise your arms to shoulder height in front of you and bend at the elbow.  
Turn to the right; starting by turning from the waist, bringing the turn up through the chest, and turn the head last to look over the right shoulder.  
Hold for 5 seconds.  
Repeat with the other side.  
Stretch in each direction twice.



### EXTENSION STRETCH

Stand with feet slightly apart.  
Place your hands over the small of your back, thumbs around your hips  
Push hips forwards, and lift your chest.  
Feel the stretch in the abdomen and then straighten up.

**DO NOT HOLD THIS STRETCH.**

Repeat this movement 5 times.