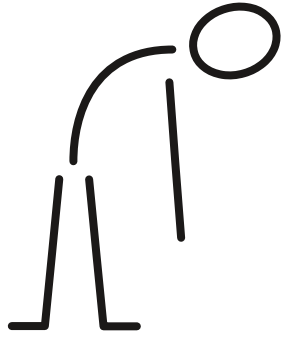
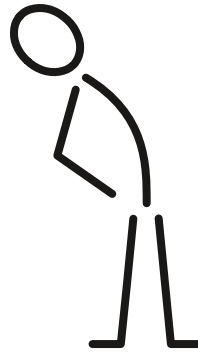


● FORWARDS AND BACKWARDS



Toe Touch



Back Bend

● SIDE TO SIDE

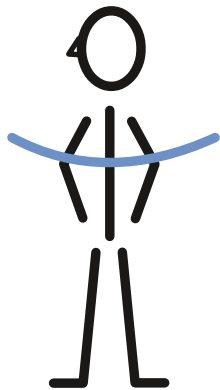


Left Side Bend

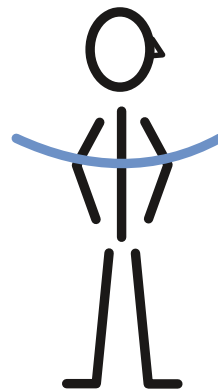


Right Side Bend

● ROTATION

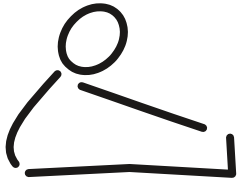


Twist Left



Twist Right

Stretching Exercises



Straight leg Stretch

Reach to toes - head down, hold 10+ seconds. Lift your head - Stretch further and hold x 10.



Leg Turned Out

Stretch to both knees as above - repeat with other leg bent to the side.



Figure 4 Stretch

With one leg crossed over the other as shown, stretch down to straight leg as above.



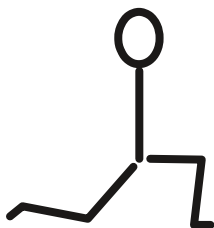
Quad Stretch

Lying on your side, pull heel of your top leg to buttock. Hold for 10 seconds. Repeat on other side.



Back Arch

Lying on your stomach in the push-up position, let you back arch by pushing your stomach into the floor. Hold and try to stretch a little further.



Hip Flexor Stretch

Kneel on one knee and with one leg forward stretch forward bending the kneeling leg at the hip. Keep your hips facing square to the front. Repeat on the opposite side.