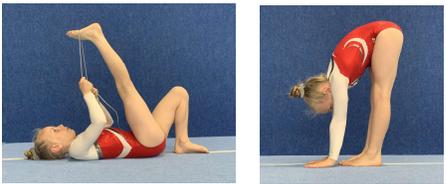
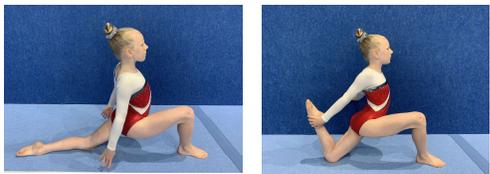
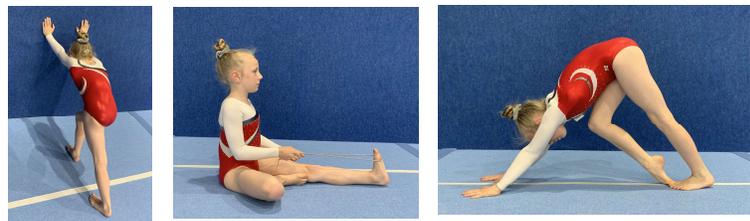
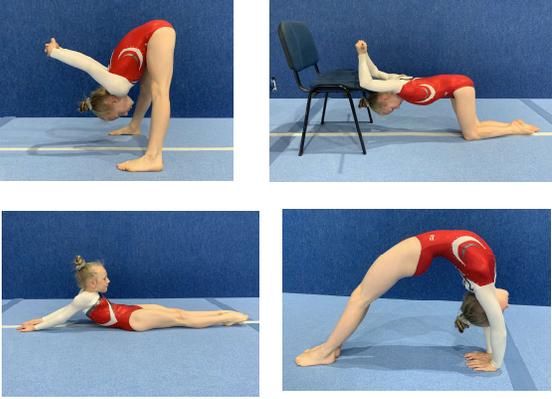
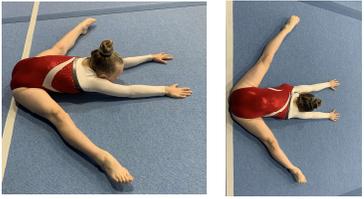
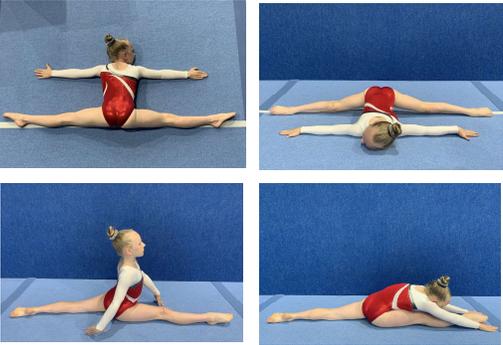


## Flexibility Activities

Reps	Flex	Instructions
2x 30 seconds each stretch and leg	<b>1. Hamstring</b> 	1. Keep your back straight on floor and shoulders down and away from your ears as you pull on the towel and keep the leg straight 2. Knee straight and bend all the way down
2x 30 seconds each stretch and leg	<b>2. Quad Stretch</b> 	Start in high lunge position with one foot forward Reach the back leg with the same arm, and grab your ankle Keep your body steady Push your hips a little further to get a hip flexor stretch as well
2 x 30 seconds each stretch and leg	<b>3. Hip flexor</b> 	Start in lunge position with one foot uphill straight Reach hands back to box keep your chest up and body straight. Push your hips down to get a hip flexor stretch
2x 30 seconds each stretch and leg	<b>4. Calf and Achilles stretch</b> 	1. Keep both feet flat and your back knee straight 2. Keep your back straight and your shoulders down and away from your ears as you pull on the towel. 3. Hands on floor keep back straight, abs engaged, ears hidden. Bend one leg and keep the other leg tight with foot with heel pressing down.
1x30 seconds each exercises	<b>5. Upper back</b> 	1. Hands shoulder width apart, hold straight arms 2. Keep your arms shoulder width apart. Stretch your arms and lift your upper body and lower your pelvis to the ground. 3. Place the palms on a table walk back until you straight your arms and press them down bringing your chest towards the floor while arching the back.

<p>1x30 seconds each exercises</p>	<p>6. Shoulder stretches</p> 	<ol style="list-style-type: none"> <li>1. Lean forward while to pull the arms up as you begin the lean. Your elbows should remain straight and locked at all times</li> <li>2. Holding a book between your palms, put your elbows on the chair and push shoulder down</li> <li>3. Hands on floor keep your littlr finger as closer as you can, elbows locked, lowering shoulders down towards ground. Go as far as possible to obtain good stretch</li> <li>4. Bridge try keep elbows locked and knees straight</li> </ol>
<p>2x30 seconds</p>	<p>7. Straddle fold</p> 	<p>Sit in straddle and fold down onto your stomach and rest your arms in front Keep your knees tight and toes pointed Reach as far as you can go</p>
<p>2x30 seconds (R &amp; L - Middle)</p>	<p>8. Splits</p> 	<p><b>Front Splits</b> - Start in a low lunge position with the back knee down. Place hands on either side of the hips begin to glide the front foot forward while pointing the toes, and draw the right foot back while easing the hips toward the mat.</p> <p><b>Side split</b> - Sit in a straddle pike position and keep the torso as elongated as possible, ensuring there's no rotation in your pelvis or hips. Slowly open your legs as wide as you can while using your hands to maintain support directly in front of you.</p>