

STRETCH



4 Stretching Essentials

Perform a **minimum of 3 stretches** after exercise

- Hold for at least 30 seconds
- Aim for 4 repeats each side

HAMSTRINGS



4 each side

GLUTES



4 each side

LUMBAR SPINE



4 each side

HIP FLEXORS & QUADS



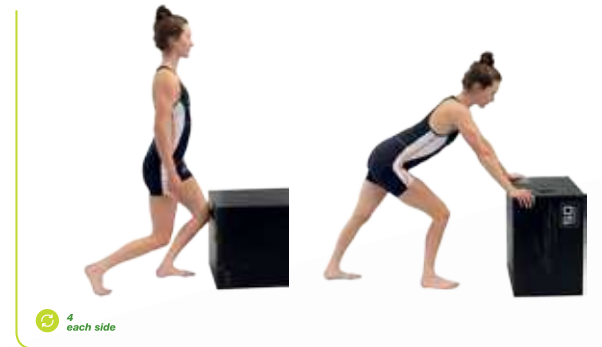
4 each side

FOREARMS



4 each side

CALF




4 each side

LATS & PECS



4 each side

 Remember to stretch after exercise to optimise your flexibility before your next session.