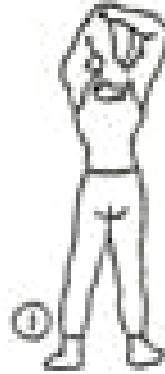


Quadriceps stretch



Use a wall for support if needed.
Back straight, holding the ankle
Bend one knee behind body.
Supporting knee must be
Slightly bent or "soft"
Hold stretch for 8-10 seconds

Tricep Stretch



Standing or seated,
make sure your back is
straight and spine in a
neutral position.
Blend one arm at the
elbow and place behind
your head.
Use other arm for
support, don't hold onto
elbow joint.
Hold stretch for 8-10
seconds

Chest stretch



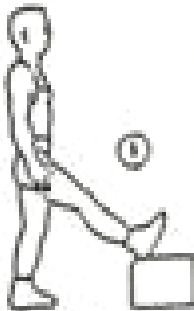
Stood up straight, back straight
Spine in a neutral position.
Place both arms straight to the
Sides, palms must be facing
Forwards.
Slowly push arms back
Hold stretch for 8-10 seconds

Back Stretch



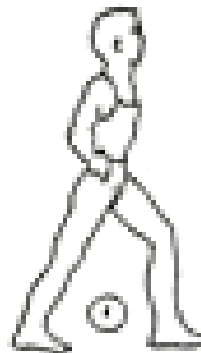
Standing or seated, make
sure back is straight and
spine in a neutral position.
Place both arms straight
out to the front, and
slowly drop head
forwards.
Do not clasp hands
together.
Hold stretch for 8-10
seconds

Hamstring stretch



Using a small step if needed
Place one leg out straight
To the front, bend the opposite
Leg and slowly sit back
Keeping the back in a
Neutral position at a 45 degree
Angle
Hold stretch for 8-10 seconds

Calf Stretch



Make sure your back
is straight and neck in
a neutral position to
your spine.
Step forwards with
one foot; both feet
must remain flat and
facing to the front.
Push back legs heel
into floor, front knee
must not go over front
toe.
Hold stretches for 8-
10 seconds