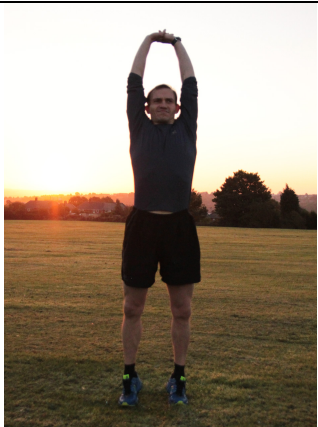

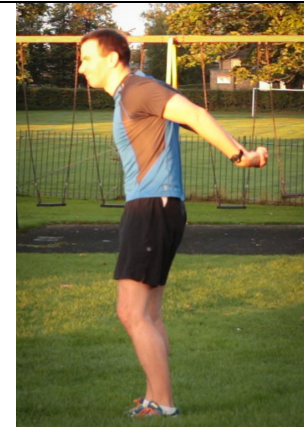


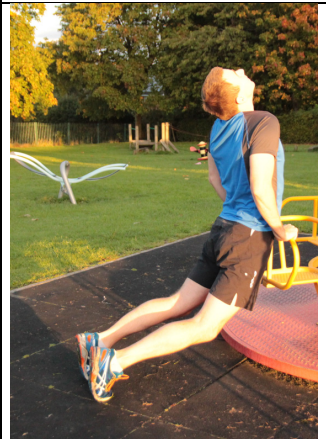




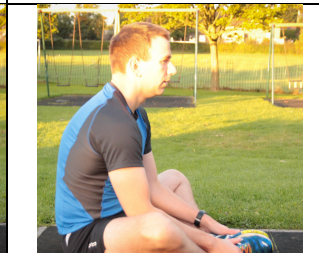


Stretching sequence

Demonstration videos available at www.activebuddytraining.com

Hands above head	1 arm against wall left & right	Arms behind back	Arm touching middle of back left & right
			
Arms down by side left and right	Spine extension	Quadriceps left & right	Calf stretch left & right
			
Hamstrings: left & right	Sitting: Touch toes left & right	Sitting: Cross foot over knee, left & right	Sitting: Feet together
			

Notes

Stretching improves flexibility and reduces chance of injuries

Stretch when warm eg after running

Hold stretches for at least 10 seconds, there are 20 stretches altogether so it should take about 5 minutes to complete the sequence