

# 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



### GLUTES



### LUMBAR SPINE



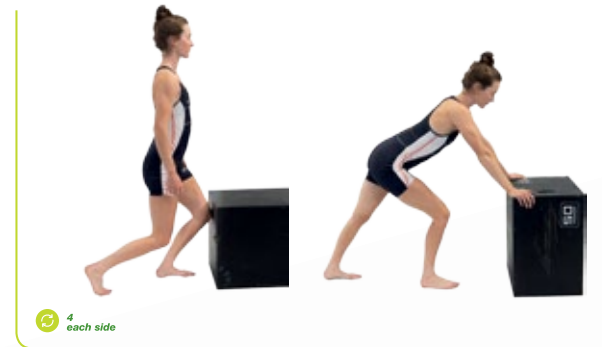
### HIP FLEXORS & QUADS



### FOREARMS




### CALF



### LATS & PECS



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