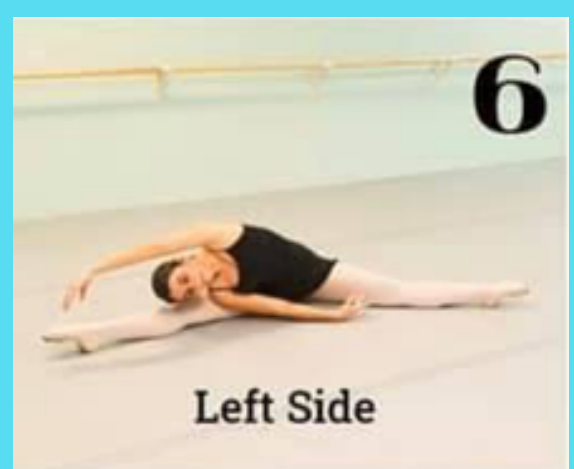


Simple, Safe effective stretches to do at home

HERE ARE 10 STRETCHES TO KEEP AND IMPORVE YOUR FLEXIBILITY



PLEASE ENSURE YOU ARE WARM BEFORE DOING THESE STRETCHES, AFTER CLASS OR OTHER EXERCISE IS THE BEST TIME TO DO THESE.

Grade 1 - 3, Hold each stretch for 20 seconds and ensure you are lifting up and moving from the hips to get into these stretches.