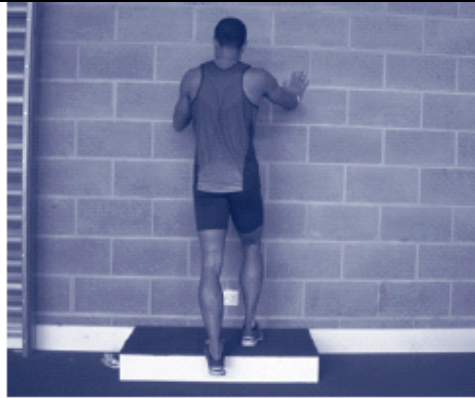


ABC JUNIORS STATIC STRETCHING

Calf Muscle Stretch

With both feet pointing forwards, lean forwards over one knee, ensuring that the rear heel remains on the floor. The stretch should be felt in the centre of the calf muscle.



Chest Stretch

Place palms of hands onto a firm surface; with a straight arm, turn the upper body away and feel a stretch in the upper part of the chest.



Shoulder Stretch

Bring one arm across the chest and, using the other arm, exert a small amount of pressure on the upper part of the arm, ensuring that the stretch can be felt in the shoulder area.



Tricep Stretch

Bring one arm up and point the fingers down the spine. Support above the elbow with the other arm.



ABC JUNIORS STATIC STRETCHING

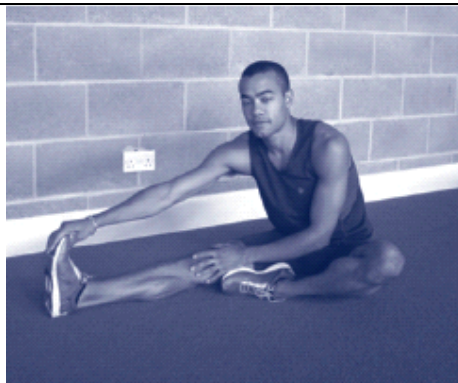
Glute Stretch

Sitting on the floor, keep one leg straight and then bring the other leg over until the sole of the foot is flat on the floor. Squeeze the knee in towards the body and feel the stretch in the lower part of the backside.



Back of Legs (Hamstrings)

Lie on the floor with both legs bent and feet flat on the floor. Bring one leg straight up, keeping the sole of the foot flat. Push the leg as straight as possible and support by holding behind the thigh, around the calf or around the ankle.



Quadricep Stretch

Standing or lying on the floor, keep both knees together and bring one foot up towards the bottom. Hold the shoe around the laces. If standing, ensure the supporting leg is soft at the knee.

