


STRETCH YOUR MUSCLES

Being flexible means having the ability to use muscles and joints through their full range of motion. Being flexible helps your muscles and joints become strong. It can also help protect you from injury when you play a lot of sports.

Instructions: Let's see how flexible you are. Remove your shoes and socks and sit on the floor with your legs stretched out in front of you and feet touching the wall. Without bending your knees, slowly reach forward as far as you can, attempting to touch the wall as you bring your forehead to your knees. Do not jerk or bounce.

Tick box if you can you do this.

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