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		Before working out ALWAYS:	When stretching remember to:	When you have finished your workout always:	
		<ul style="list-style-type: none"> <li>➤ Do some warm exercises</li> <li>➤ Stretch your muscles</li> </ul>	<ul style="list-style-type: none"> <li>➤ Stretch all muscle groups</li> <li>➤ Focus on posture</li> <li>➤ Apply tension not strain ie no pain</li> <li>➤ Breath through all stretches</li> </ul>	<ul style="list-style-type: none"> <li>➤ Stretch all worked muscle groups</li> <li>➤ Relax the body</li> </ul>	
	<b>Front shoulder stretch</b> Standing with your arm out stretched (holding the wall). Move forward slightly this will stretch your front Deltoid.		<b>Shoulder and arm stretch</b> In a Kneeling position, place both arms out to the front. Sitting down on your heels will stretch your upper back, lower back and arms. Can be done one arm at a time.		<b>Forearm and wrist stretch</b> Start on all fours with palms down and facing your body. For extra stretch lean backwards
	<b>Spine Flex Stretch</b> This is good for your lower spine. Place your left leg over your right leg then face away from your left leg. Relax in this position and hold for a minute or two. Then repeat in the opposite direction		<b>Side stretch</b> Place arms above your head and hold. Then bend laterally adding pressure to the elbow, always relax		<b>Forward torso stretch</b> Hold a support or bar, bend from the waist, be sure you are far enough away to elongate your torso.
	<b>Shoulder joint stretch</b> Holding a stick or towel in both hands, slowly raise it over your head until the stick or towel is behind you. Holding the same stick or towel behind your back, with one hand over and the other under, bring your hands closer and closer together. Repeat this by reversing your hand position. Remember to hold a minute, relax into the stretched position		<b>Lower back stretch</b> Lie flat on your back, and then bend one knee. Allow that knee to fall over the opposite leg as the hip raises off the floor. Keep shoulders and upper torso on the matt. You should feel this stretch through the lower back muscles. Breathe deeply and relax in the stretch.		<b>Groin stretch</b> In a sitting position bring the soles of your feet together. Sit up straight and gently press knees toward the floor. Leaning forward slightly you will feel a deep groin, glute, hamstring and lower backstretch.
	<b>Quadriceps stretch</b> Kneel down and put your hands on the ground or mat behind you. Slowly slide farther and farther back by sliding your hands backwards. You'll feel your quads being stretched. Hold the position for about a minute. Always relax in the stretched position		<b>Neck and upper back stretch</b> With both knees bent lying on your back. Clasp hands behind your head. Gently raise head off the mat and bring your chin to chest. Do not to pull too hard on the head and neck. Hold for 30 seconds.		<b>Achilles tendon and ankle stretch</b> Bring the toes of one foot almost even or parallel to the knee of the other leg. Let the heel of the bent leg come off the ground one-half inch or so. Lower heel toward ground while pushing forward on your thigh (just above your knee) with your chest and shoulder
	<b>Glute stretch</b> In a seated position raise one leg. Allow hip to rotate outward. With both hands hold the lower leg parallel to the floor. Take deep breaths and relax into the stretch. Hold for at least 30 seconds.		<b>Calf stretch</b> Stand with one foot in front of the other. Bend one leg and put your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep your heel of the straight leg on the ground with toes pointed straight ahead or slightly turned in.		<b>Hamstring stretch</b> IN a seated position extend one leg out in front of you while keeping the other bent. Bend forward at the waist until you feel a stretch in the back of the leg. Take some deep breaths and relax.
	<b>Chest and anterior deltoid stretch</b> Clasp hands together behind your back. Gently raise arms until you feel a stretch throughout the chest and shoulder region.		<b>Quads, knees, back, ankles, achilles and groin stretch</b> Squat down with your feet flat and your toes pointed out to approximately 15 degrees angles. Keep your heels 10cm – 30cm apart		<b>Back stretch</b> In a sitting position, hold your knees with your hands and pull them to your chest. Gently roll up and down your spine, keeping your chin down toward your chest. Should be done on a mat
	<b>Front Staddle stretch</b> Kneel on a mat, one knee bent, hips extended forward. Then change legs. Hold for 30 seconds		<b>Hamstring stretch</b> Sit down with your legs spread apart and try putting your chest against your right leg. Then your left leg. Then to the middle between your legs. Relax into the stretch and hold for a minute.		