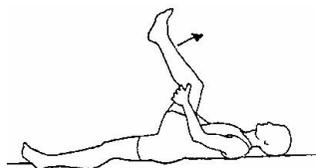


1. HAMSTRINGS

Lying on your back and head on the floor, keep one leg flat on the floor and lift the other leg towards the body, keeping it as straight as you can.

Roughly estimate the angle made by the vertical leg. This should be a maximum of 30 degrees (or 1 o'clock). Then swap legs

**2. STRETCH AND REACH**

Sitting with your legs straight, toes pointing vertically upwards, stretch forward towards your toes.

Measure the distance from your finger tips to the toes (positive if fingers are beyond the toes)

**3. FORWARD FLEXION**

Sitting with the legs apart, lean forward and place the forearms on the floor with one fist on top of the other.

Measure the distance from the forehead to the tops of the fists (positive if forehead is below the top of the fists)

**4. SHOULDER EXTENSION**

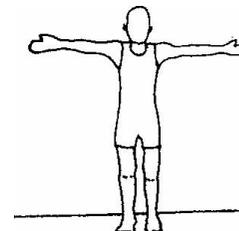
In the standing position place one arm over the shoulder and the other arm behind the back. Move the hands towards each other and attempt to overlap them.

Measure the overlap (positive if the hands do overlap)

**5. SIDWAYS – BACKWARD MOVEMENT OF ARMS.**

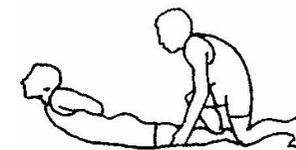
Stand with your back against the wall and raise arms to horizontal position with palms forward. Keeping the arms horizontal and the little finger of each arm in contact with the wall, move away from the wall as far as you can.

Measure the distance from the wall to your back.

**6. TRUNK EXTENSION**

Lying face down on the floor, clasp the hands behind the small of the back. Lift the chest off the floor as high as possible.

Measure the distance from the top of the breastbone to the floor.

**A) PECTORAL MUSCLE**

Standing with arm bent, forearm flat against the wall, palm down. Bend front knee and lean chest forwards.

HOLD FOR 5 SECS, RELAX AND REPEAT. SWAP SIDES

**B) FOREARMS**

Kneel down, arms straight, palms resting on the floor fingers towards the body. Move trunk backwards and feel the stretch through the forearms.

HOLD FOR 5 SECS, RELAX AND REPEAT.

**C) POSTERIOR UPPER ARMS**

Standing with arm bent over head as shown, elbow resting against a wall, move the trunk forward.

HOLD FOR 5 SECS, RELAX AND REPEAT. SWAP SIDES

**D) SHOULDER GIRDLE**

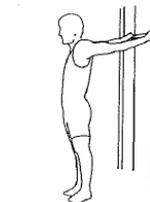
Standing, bend right arm at the elbow and bring across the body to hold onto a ledge. Step forward with the right leg, pushing the upper body forward.

HOLD FOR 5 SECS, RELAX AND REPEAT. SWAP SIDES

**D) ANTERIOR UPPER ARMS**

Stand back to the wall, holding a wall bar behind at shoulder height. Move trunk downwards and forwards by bending the knees.

HOLD FOR 5 SECS, RELAX AND REPEAT.

**TOP – THE FLEX TESTS**

BOTTOM – MORE STRETCHES.