

BeActive Get Stronger Feel Better

SIDE STRETCH

Reach one hand down the same side of your leg until you can feel the stretch in the other side of your body. Make it a harder stretch by reaching your arm over your head to the opposite side of your body until you feel the stretch. Make it even harder by reaching your arm over your head and place the same foot behind your other foot.



Exercise activity sheets available at www.mensshed.org
www.activestrongerbetter.net 1300 363 654