



STRETCHING DO'S AND DON'TS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Learning Questions:

What is the difference between stretching and a warm-up?

- Warm-up is 5-10mins big movements to prepare the body for more intense workout
- Stretching is 30sec hold of muscle in longest position to improve the muscle length and range of motion

Should I stretch before or after a warm-up?

- AFTER! Stretching before muscles are warm will put you at greater risk of injury.

When and How do I stretch?

- Daily, after warm-up, 30seconds each, and DON'T BOUNCE!