



***Special
Olympics
Colorado***

**FLEXIBILITY
TRAINING
CARDS**



***Special
Olympics
Colorado***

LOWER BODY

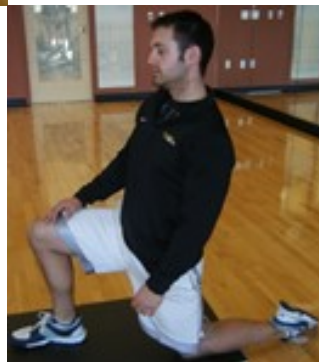
STANDING QUAD STRETCH



LYING QUAD STRETCH



KNEELING HIP FLEXOR STRETCH



STANDING HIP FLEXOR STRETCH



STANDING HAMSTRING STRETCH



SEATED SINGLE LEG HAMSTRING STRETCH



LEG HUG STRETCH



BUTTERFLY STRETCH



STANDING CALF STRETCH



GROUND CALF STRETCH



FIGURE 4 STRETCH





***Special
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UPPER BODY

ARM ACROSS BODY
SHOULDER STRETCH



CHEST STRETCH



TRICEP STRETCH



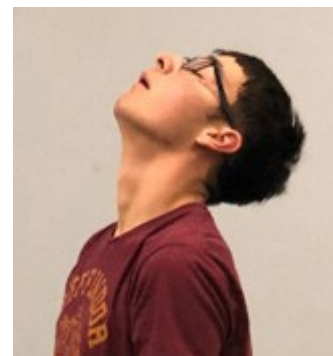
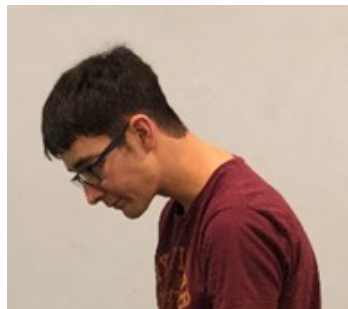
ROUNDED UPPER BACK
STRETCH



WRIST FLEXION AND EXTENSION



NECK FLEXION AND EXTENSION



NECK SIDE TO SIDE STRETCH



CHILDS POSE



FORWARD HANG



FULL BODY STRETCH

