

FLEXIBILITY

Flexibility is the range of limb movement around the joints.

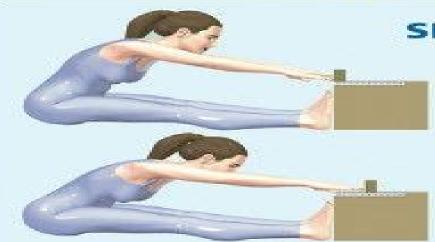
WHY IS IT GOOD ?

Flexibility is important to all athletes as it reduces the risk of injury.





TEST



SIT AND REACH

- Place your feet against the bench or 'sit and reach' box.
- · Keep your legs straight.
- Reach forward as far as possible.
- Hold for 3 seconds (do not buckle).
- · Record your result.



Testing Your Flexibility Poster

SA Dillow

Testing Your Flexibility Poster:

Testing Your Flexibility Poster Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Testing Your Flexibility Poster**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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