



# FLEXIBILITY

Flexibility is the range of limb movement around the joints.

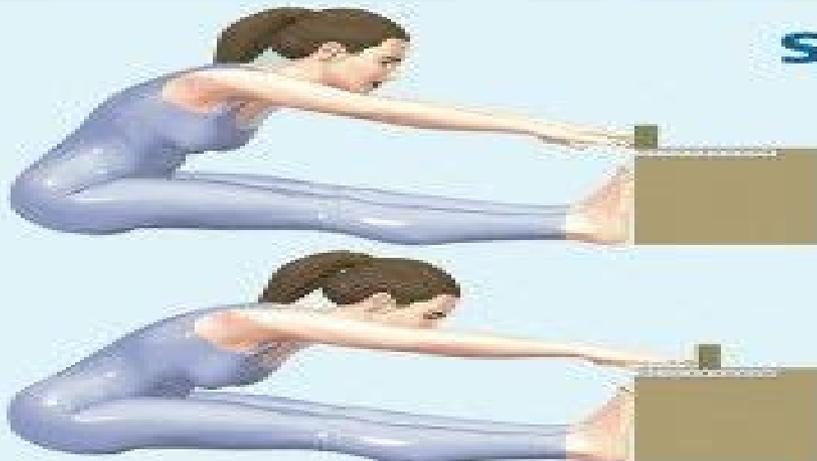
## WHY IS IT GOOD ?

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

**KJ Lindholm-Leary**



## **Testing Your Flexibility Poster:**

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