



Live life to the full
energised and healthy - pain and injury free

Jo McRae
tel: 07775 881366



team BEDS & LUTON

activity for life...

PRE-EXERCISE STRETCHES FOR SWIMMERS



SHOULDER-SPINE INTEGRATOR



McKENZIE PRESS UP ☐

or



KNEE TO CHEST STRETCH ☐



NINETY-NINETY STRETCH ☐



LOWER HAMSTRING STRETCH ☐



WALL PEC MINOR STRETCH



UPPER TRAPEZIUS/
SUB-OCCIPITAL STRETCH



STANDING CALF STRETCH