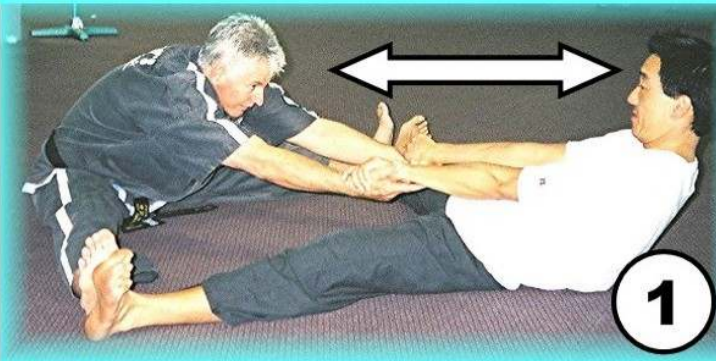


Master Stretch for lower back/hamstrings/Hip release



1



2

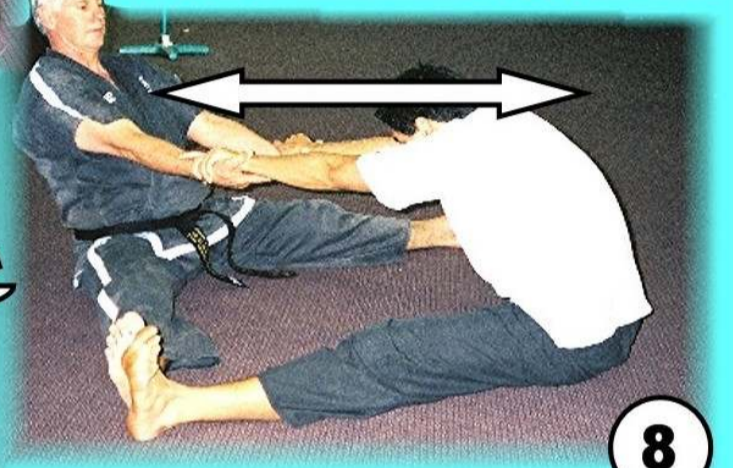


3

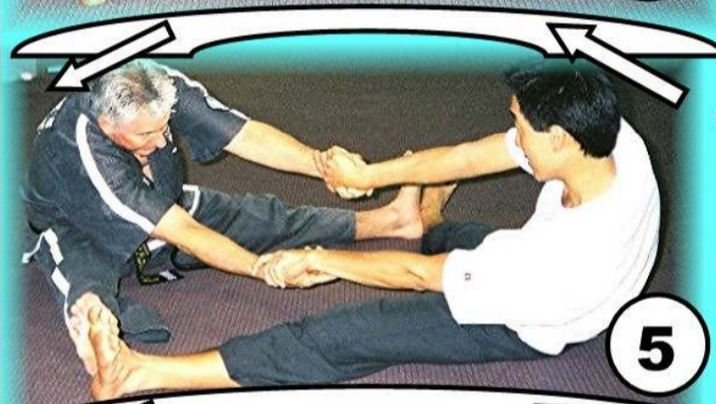
Master Stretch the 'Yoga' Circle
(1-2) stretch backwards and forwards 6 to 8 times 'holding' for 8 seconds in each 'extended position'
(3-4) start to 'circle' clockwise (left) keeping 'low' to the thigh and rotate slowly circle six times
(4-7) Circle anticlockwise (right) six times



4



8



5

(8) recommence 'backwards and forwards' six times. By now your 'hips/groin/lower back' have all 'released' and 'loosened up' considerably. Apart from 'stiff-legged' deadlifts (light) this is the 'Master Stretch' that 'releases' the whole 'hip/lower back/groin complex' and makes kicking 100% easier. This is the 'base' to make all other stretches easier.



6



7