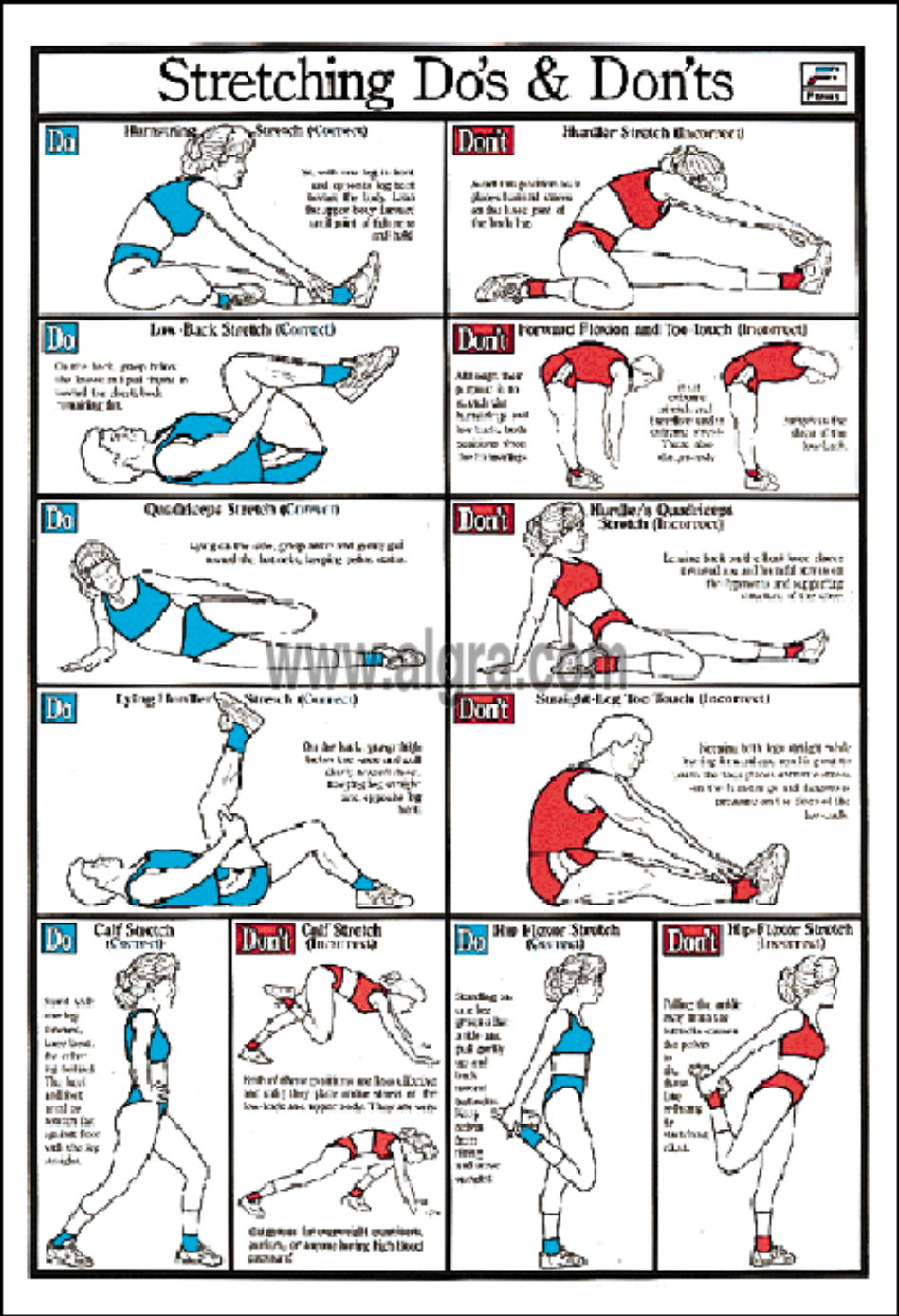


Stretching Education Chart– BA081

<p>Description</p>	<p>◆ The Stretching Education poster is designed to illustrate the do's and don'ts of stretching. Stretching is a vital part of warming up and cooling down during exercise. This poster is a great addition to any health or fitness center.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>The poster is titled "Stretching Do's & Don'ts" and is divided into a grid of 12 panels. Each panel illustrates a specific stretching exercise, showing the correct technique (Do) and the incorrect technique (Don't). The exercises include:</p> <ul style="list-style-type: none"> Hamstring Stretch (Correct): Do: Sit with one leg in front and opposite leg bent behind the body. Pull the upper body forward until just above the knee. Don't: Pull the body forward as a glider, pulling down on the knee part of the back leg. Low-Back Stretch (Correct): Do: On the back, grasp both the knees and pull them in toward the back, keeping the neck flat. Don't: Forward Flexion and Toe-touch (Incorrect). Although the picture is to stretch the hamstring and low back, both positions stretch the hamstrings. Don't: Pull the knees and ankles under the feet. This also stretches the spine. Quadriceps Stretch (Correct): Do: Lie on the side, grasp with one hand the ankle, the knee, the hip, and the shin. Don't: Hamstring's Quadriceps Stretch (Incorrect). Loosen back with a ball, bend above around an ankle, and stretch across the hip and support structure of the knee. Upper Hamstring Stretch (Correct): Do: On the back, grasp both feet with one hand and pull them up, keeping legs straight and opposite leg bent. Don't: Straight-Leg Toe Touch (Incorrect). Keep both legs straight while pulling forward, and to go further, push the feet down against a wall. Do not go until the knees are in front of the low back. Calf Stretch (Correct): Do: Stand with one leg forward. Keep back leg straight behind. The heel and foot and on a raised surface. Push the foot against the floor with the leg straight. Don't: Calf Stretch (Incorrect). Both of these positions are done incorrectly and will injure the knee and the low back and upper body. They are very dangerous for overweight customers, seniors, or anyone having high blood pressure. Hip Flexor Stretch (Correct): Do: Standing on one leg, grasp the ankle and pull gently up and back toward the buttocks. Do not pull the knee down. Don't: Hip Flexor Stretch (Incorrect). Pulling the ankle over the knee stretches the knee, not the hip flexor. Do not pull the knee down. Do not pull the ankle over the knee.