

ACTIVITY

Flexibility and Range Check

1

Take a picture of your RIGHT LEG from view point of the INSIDE of your leg (in the following manner)

- Feet in parallel 1st (toes and heels together)
- Arms straight to the side
- Looking forward (at the camera)

2

Take a picture of your LEFT LEG from view point of the INSIDE of your leg (in the following manner)

- From the top of your thigh to the end of your foot (toes pointed)
- Make sure your leg is as straight as you can get it
- Make sure your back is as straight as you can get it