

SHOULDER FLEXIBILITY

(Upper Body Flexibility)

1. Lie face down on the mat.
2. Hold the meter stick with your palms facing away from you. The inside edge of your hand (formed by thumb and index finger) should be on the lines marked on the meter stick.
3. Extend your arms fully forward, overhead.
4. Place your forehead on the mat.
5. Slowly lift the meter stick off of the mat. Do not bend your elbows.
6. Reach as high as you can, while still keeping your forehead on the mat and your arms straight.
7. Hold the meter stick at its highest point for at least 2 seconds.
8. Have your partner use another meter stick to measure the distance (in centimeters) you have raised the meter stick off the surface of the mat.

