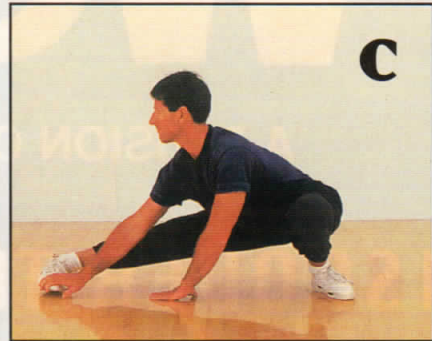
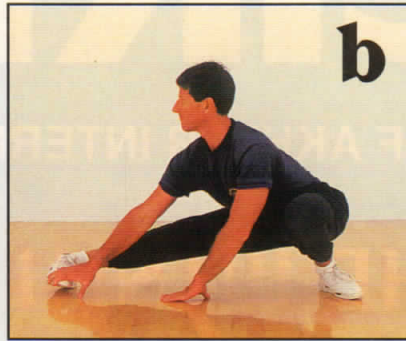
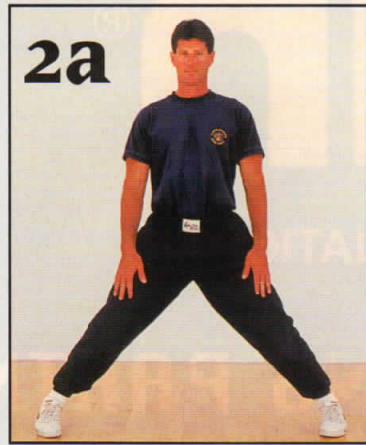


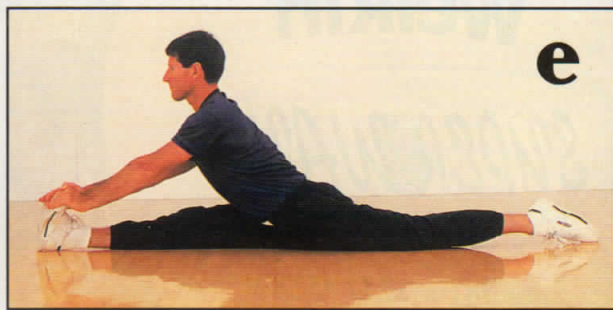
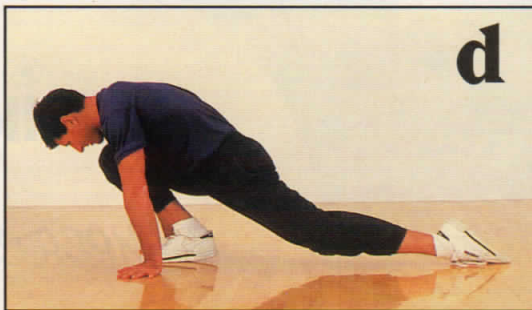
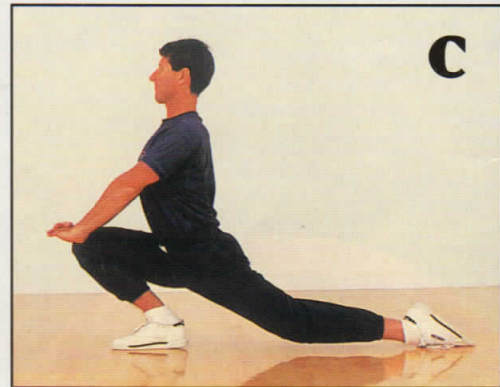
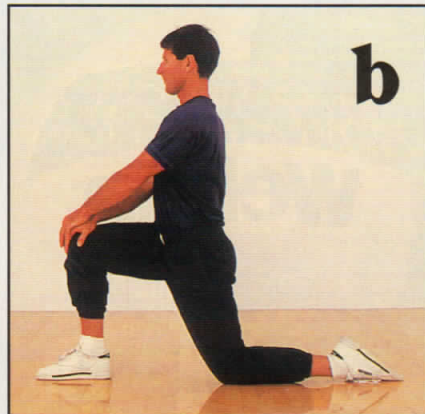
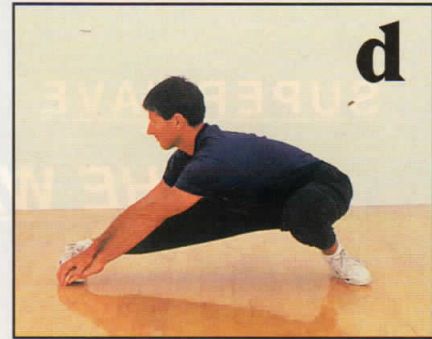


Flexibility



the ankle is flexed as much as possible, keeping that foot flat. The rear ankle is flexed in the opposite direction; your arms and back are straight. (Fig. 3C). Hold this position for a slow count of 30, and repeat each side twice.

(For those of you who have achieved the necessary flexibility, continue with the following movements.) Lean forward placing your chest on your knee and your hands on the floor (Fig. 3D). Keeping your rear foot extended, push back into the splits (Fig. 3E). Push back only as far as is comfortable and gradually work on getting all the way down.



Remember to do both sides, and when they get easy try the movement in Fig. 3F.

Remember to be gentle, patient and, most of all, consistent. ■

Adrian Crook is a flexibility expert from San Clemente, California. He works with several top beach pros, including Karch Kiraly, and U.S. national team members.

