



Flexibility Exercise Prescription

1. Participate in one of our Yoga classes for the full hour that we have here at BBA!
2. Go into the hot tub and warm yourself up for 5-15 minutes. Go into the pool to do some active stretching.
3. Go into the sauna for 5-10 minutes, come out and grab a foam roller and elongate your muscles. Do some static stretching after you are done with the foam roller.