

Stretches for car journeys

These stretches, if done regularly and properly during the car journey, will keep your body flexible, reduce the risk of injuries and keep fatigue at bay. It is important to keep the rest of the body in 'neutral', breath normally and feel each stretch

PLEASE ENSURE YOU DO NOT STRETCH TO THE POINT OF FEELING

PAIN!



DISCLAIMER

No responsibility is accepted for injuries sustained through incorrect practices

For more information please contact us at **FixMe**

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