



# GO HUMANS ACADEMY

## FITNESS AND BODY MOVEMENT: ALL BLACKS XV Masterclass Student Log

Log the stretches you've done and use the diagram below to identify the muscles you've stretched. Remember, try to integrate these stretches into your week!

STRETCH	HOW MANY/LONG	MUSCLE TARGETED
Twist and breathe		
Neck rolls		
Arm stretch		
Torso stretch		
Seated leg stretch		

