

# Stretching Guides

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This is the 'self guided' warm up and stretching area installed at the beginning or end of walk/jogging paths in parks.

Other fantastic locations for these are: hotels, tennis courts, swimming pool surrounds, recreation centres, golf courses (close to the club house and the first tee) or anywhere where people of all fitness levels want to limber up/cool down or stretch safely.

The Stretching Guide and Golf Stretching Tee takes up just 16 square metres.

## STRETCHING GUIDE and GOLF STRETCHING TEE.

Achilles Stretch  
Sit and reach  
Leg Stretch  
Stretch Bar

### Signs

Heart Check Guide (Stretching Guide only)  
Stretching Tee or Stretching Guide

