Quiz

Practicalities of purestretch...

1. What are the five problem areas we discuss? i.e. limitations

a _____

b _____

c _____

d _____

e _____

2. Name three tools that can help achieve good form?

_____

_____

3. What do you think is the most common limitation?

_____

_____

4. Name four types of people that will attend your purestretch class

a _____

b _____

c _____

d _____

5. Would you be happy for a pre-natal lady to attend your purestretch class?
Give reason for your answer?

_____

_____

_____

_____

Continued...

6. What would you need to consider for post-natal attendees?

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