Forces Related to Stretching

Time to stretch! Find a nice open space and complete each stretch to the best of your ability. Once you’ve done each stretch draw a free body diagram illustrating where and in which direction the forces are acting on your body after you’ve completed each stretch.

Example of a free body diagram:

- Force Tension
- Force Pulling
- Force Gravity

Example stretches:

1. Forward fold
2. Seated twist
3. Downward dog
4. Side stretch

Date: ___________________  Name: ___________________