HOW TO TENSE MUSCLE GROUPS

DURING YOUR RELAXATION REMEMBER TO:

HOLD PAUSE

each muscle for **5 SECONDS**

for **15 SECONDS** and breathe deeply in between each muscle tension



ENTIRE LEG: squeeze thigh muscles

LOWER LEG AND FOOT:

tighten your calf muscle by pulling your toes towards you

FOOT: curl your toes downward

For more tips and information visit our website www.oscarkilo.org.uk

