

## Part I – Warm Up

The instructor will lead you in a thorough and full-body warm up to prepare for stretching. You will warm up using standing, chair, and floor moves, but you will not be assessed on these moves.

## Part II – Compulsory Muscle Groups

You will be expected to match the Sexy Stretch technique to the correct muscle group, and be able to demonstrate moves without guidance from the instructor. You will be assessed on the proper form and the basic knowledge of how to effectively stretch each muscle group listed below. Your level of flexibility is not of importance—you will be assessed on your understanding and execution of the stretch.

### Upper Body

Trapezius - neck/upper back  
Deltoids - shoulder  
Pectoralis - chest  
Triceps - upper arm (back)  
Biceps - upper arm (front)  
Latissimus Dorsi - mid back

### Core

Abdominals - stomach  
Obliques - sides  
Erector Spinae - lower back

### Lower Body

Iliopsoas, Pectineus,  
Rectus Femoris - hip flexors  
Gluteus - buttocks  
Quadriceps - front of thigh  
Hamstrings - back of thigh  
Adductors- inner thigh  
Gastrocnemius - calves  
Achilles Tendon - back of heel

**In-studio Exams:** The instructor will demonstrate each stretch before you are asked to perform. You will execute and hold the stretch until the instructor and judges are finished assessing the entire class (up to 1 minute). After each stretch, you will indicate on your exam sheet which muscle group(s) the stretch is targeting. You may perform some stretches on both left and right, while some will only be performed once.

**Online Exams:** You will be provided with an image and description of each stretch you are to perform. You will execute, hold the stretch (minimum 15 seconds and up to 30 seconds), and identify the targeted muscle group. You may perform some stretches on both left and right, while some will only be performed once. You will then pick 3 of these stretches and explain 1) a way to increase intensity of that stretch, 2) a verbal cue or “mental note” that describes a concept of form, efficiency, and/or safety for that stretch.

## Part III – Assessment

Proper technique and muscle group knowledge are important to your assessment. If you do not pass, three classes will be added to your account; work on your stretch form and terminology, and try again!

**In-studio Exams:** The instructor and judges will inform each participant privately of their status, provide feedback, and award you two garters.

**Online Exams:** You will receive an email from the instructor to inform you of your status and provide feedback. You will be notified when you may pick up your garters from the studio.