**salomon Firearms Training, LLC**

Founder & CEO: Pierre Salomon

[www.SalomonFirearms.com](http://www.SalomonFirearms.com) Facebook, IG, YouTube, PS4, SnapChat, Twitter: SalomonFirearms

**SFT-Combatives**

**TAKE CARE OF YOUR MIND, BODY, & SOUL**

**~ Stretches & RotationS ~**

Stretches & Rotations (SR) start from your head downwards, in a systematic manner. All SR will last 15 seconds or 10 rotations. After completion of the entire set, students have 5 minutes to stretch on their own.

1. Neck Rotations w/Side Pauses
2. Shoulder Rotations
3. Arm Rotations
4. Elbow Rotations
5. Wrist Rotations
6. Finger Rotations
7. Over Head Arm & Abdominal Stretch
8. Triceps Stretch
9. Chest Stretch
10. Bent Arm Stretch
11. Hip Rotations
12. Knee Rotations
13. Standing Calf Stretch
14. Kneeling Thigh Stretch
15. Split Stretch
16. Sitting Lower Back Stretch
17. Sitting Groin Stretch
18. Sitting Calf Stretch
19. Sitting Ankle Rotation
20. Supine Butt Stretch
21. Sitting Cross Over Calf Stretch
22. Supine Full Body Stretch
23. Prone back stretch
24. Prone Full Body Stretch

\*\* Classes begin & end with SR\*\*