

**Steel leg spreader. The middle console is adjustable. It is an excellent and cheap tool for beginners.**

- ▶ Simple
- ▶ Small
- ▶ Handy

Athletes in contact fighting styles using kicks in technique must be sufficiently stretched. Kicks from the waist up carry regular leg stretching training. Special stretchers will help you with this, which will allow you to constantly improve in this skill, and after some time of regular exercise, kicks on your head will not be a problem.

