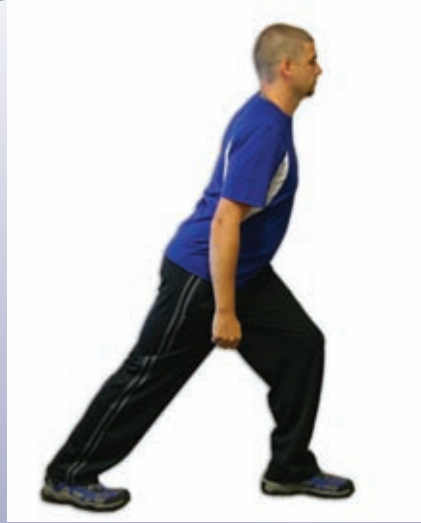




STRETCH & FLEX



HAMSTRING STRETCH



HIP FLEXOR STRETCH



ADDUCTOR STRETCH



GASTROC STRETCH



SOLEUS STRETCH



NECK STRETCH



PEC/BICEP STRETCH



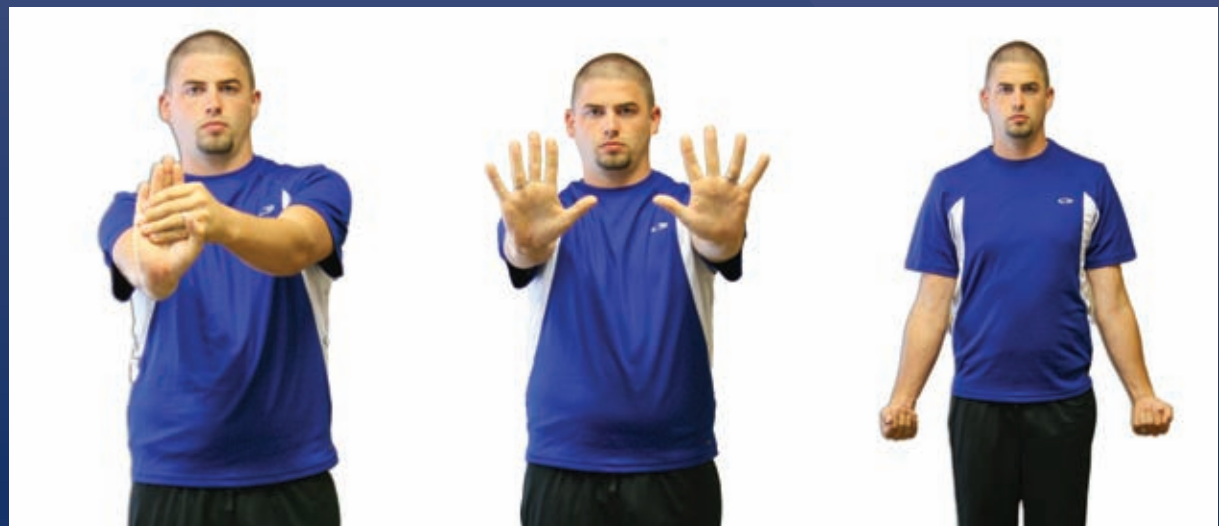
TRAPEZIUS STRETCH



RHOMBOID STRETCH



TRICEP STRETCH



HANDS AND WRISTS