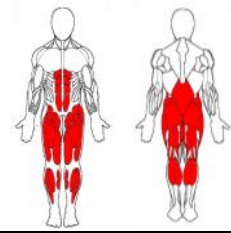


STRETCHING

L O W E R B O D Y



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



FULL BODY



CALVES, HAMSTRINGS & LOW BACK



QUADRICEPS



CALVES



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



GROIN & ADDUCTORS



GLUTEAL & LOW BACK

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain