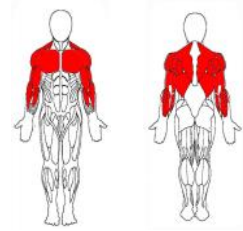


STRETCHING

U P P E R B O D Y



NECK



SHOULDERS



SHOULDERS & RHOMBOIDS



WALL
CHEST



SHOULDERS & CHEST



TRICEPS



BICEPS & FOREARMS



BICEPS & FOREARMS



LATS



BACK & LATS



OBLIQUES

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