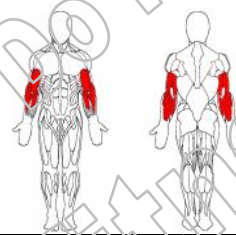


# STRETCHING

## ARMS



**BICEPS & FOREARMS**



**BICEPS & FOREARMS**



**WRIST**



**WRIST**



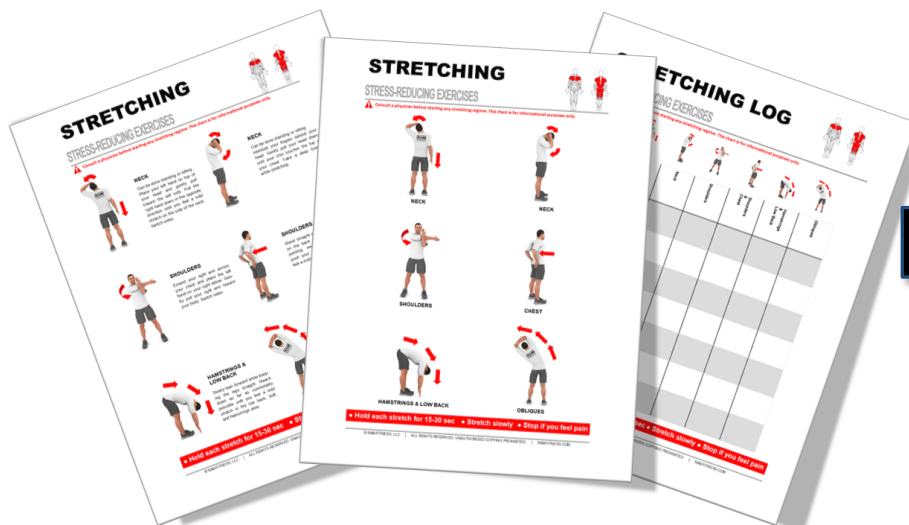
**TRICEPS**



**TRICEPS**

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

Take Your Stretching Routine to the Next Level!



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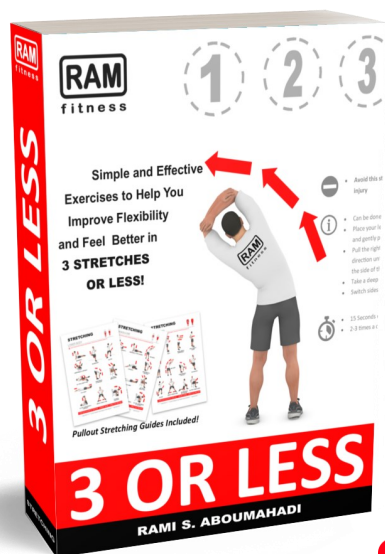
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