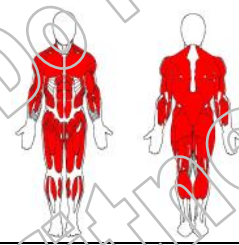


STRETCHING

BASEBALL



NECK



NECK



NECK



SHOULDERS



SHOULDERS & CHEST



CORE



OBLIQUES



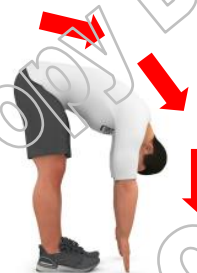
LATS / FULL BODY



GROIN & HIP FLEXORS



QUADRICEPS



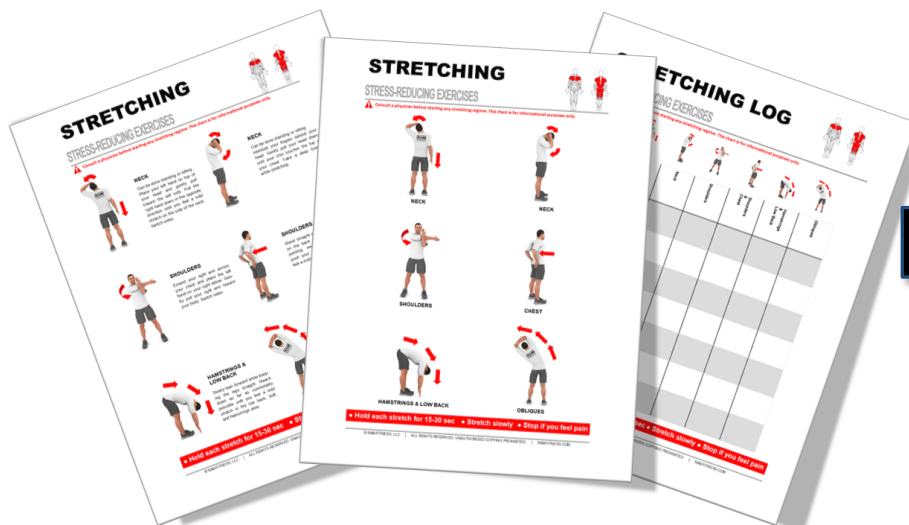
HAMSTRINGS & LOW BACK



CALVES

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

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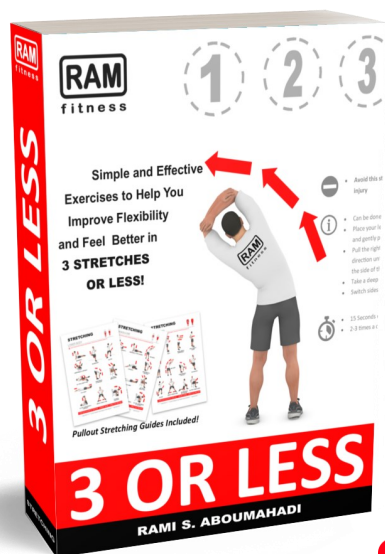
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