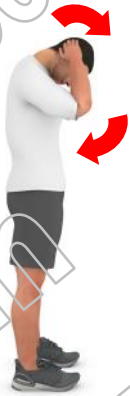
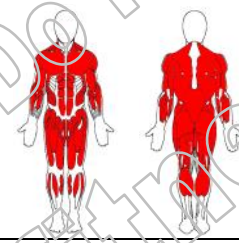


STRETCHING

BASKETBALL



NECK



NECK & BACK



SHOULDERS & UPPER BACK



SHOULDERS & CHEST



BICEPS & FOREARMS



WRISTS



FULL BODY



CORE



HAMSTRINGS & LOW BACK



GROIN



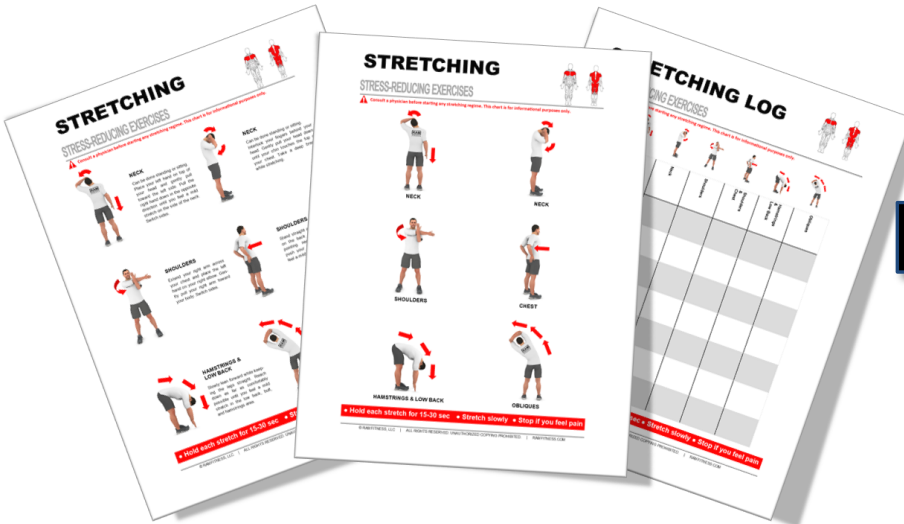
GLUTES & ABDUCTORS



HAMSTRINGS & CALVES

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

Take Your Stretching Routine to the Next Level!



FOR BUSINESS USE

Business Print License

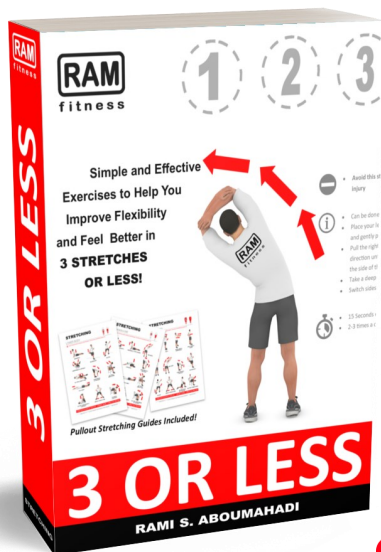
Unlock Professional-Grade Benefits

- **Watermark-Free:** Enjoy clean, professional-looking guides.
- **High-Resolution Quality:** Ideal for professional printing.
- **Comprehensive Stretching Guides:** Detailed instructions for each exercise.
- **Cost-Effective Licensing:** Unlimited copies for your team (not for resale).
- **Stretching Log Included:** Help your team stay on track.
- RAMFITNESS.COM/PRICING



 **50% Off!**
For a Limited Time!

FOR PERSONAL USE



3 OR LESS eBook

Simplified Stretching at Your Fingertips! Unlock easy, effective stretching with the "3 OR LESS" ultimate eBook. Simplify your flexibility routine with:

- **3 Simple Moves:** Master key stretches for every major muscle group.
- **Clear Visuals:** 50+ pages of clear demos, illustrations, and practical tips.
- **Tailored Routines:** 4 custom stretching plans with logs to track progress.
- **Daily Essentials:** 12 must-do stretches for a healthier body.
- **Customizable Plans:** Create your own stretching routine.
- **Smart Navigation:** Internal links for quick, easy access.
- **Instant Download:** Start stretching today on any device.



3OrLessBook.com