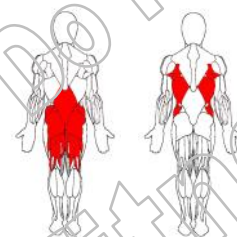


# STRETCHING

## CHAIR



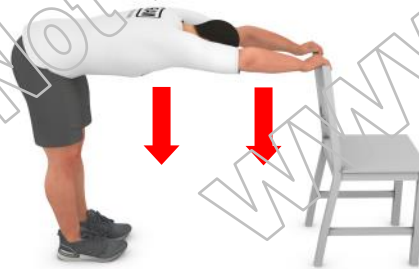
GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



LOW BACK & LATS



QUADRICEPS  
& HIP FLEXORS



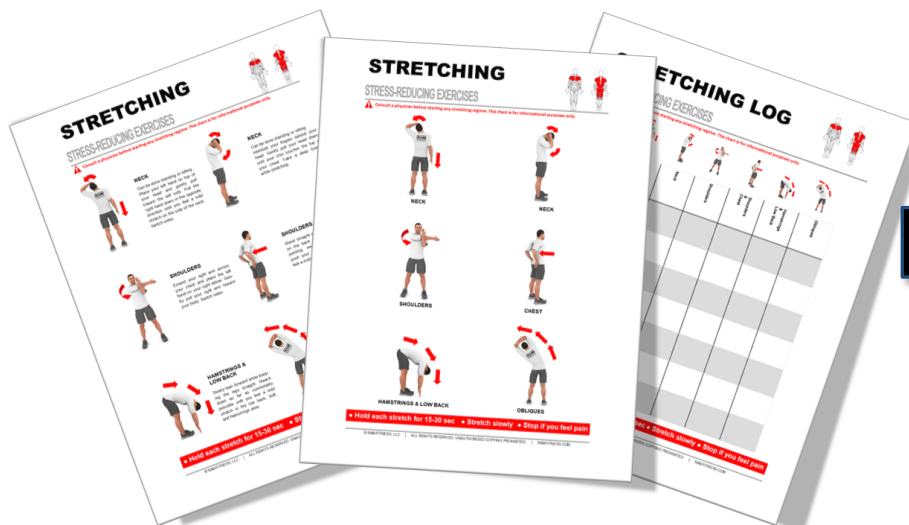
LOW BACK,  
LATS &  
OBLIQUES



LOW BACK,  
GLUTES &  
HAMSTRINGS

• 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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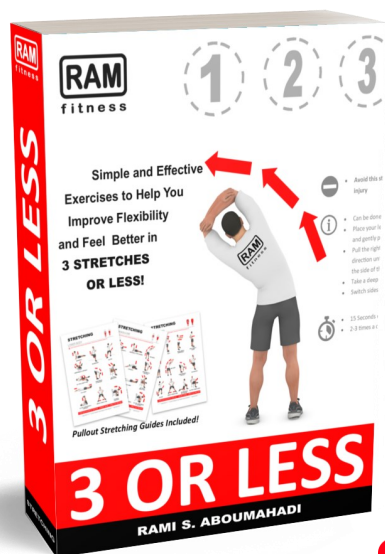
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